

# PT with Patty

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## Quick Links

### Schedule of Handouts and Video Recordings

#### PT with Patty – 2024

- 8/21/2024: [Neuroplasticity – Cultivating and Harvesting](#) (video and handouts)
- 7/20/2024: [My Recipe for Wellness](#) by Patty Glatfelter
- 6/19/2024: [Keeping Up With Exercise in Summer](#) (video and handout)
- 5/15/2024: [Bouncing Back](#) (video and handout)
- 4/26/2024: [Relaxation and Meditation](#) (video)
- 3/20/2024: [Flexibility First](#) (video and handout)
- 2/21/2024: [Restore & Rejuvenate](#) (video and handout)
- 1/17/2024: [Common Mistakes When Rehabbing](#) (video and handout)

#### PT with Patty – 2023

- 12/20/2023: [MS and Sleep](#) (video and handout)
- 11/15/2023: [Preparing to Visit Your Doctor or Specialist](#) (video and handout)
- 10/18/2023: [The Power of Daily Planning](#) (video and handout)
- 9/21/2023: [Adaptive Yoga in Pueblo](#) (video and handout)
- 9/21/2023: [Adaptive Yoga in Pueblo](#) (video and handout)
- 9/20/2023: [Adaptive Yoga](#) (video and handout)
- 8/23/2023: [Bad Actors in the Same Neighborhood Part 2](#) – Self-treatment Approaches (video and handout)

- 8/16/2023: [Bad Actors in the Same Neighborhood Part 1](#) -Introduction (handout)
- 7/26/2023: [Cionic Sleeve Presentation with Patty and Ann Ellis from Cionic](#) (video and handout)
- 7/19/2023: [Mirror Therapy](#) (video and handout)
- 6/21/2023: [Isokinetic Band Exercises Part 2](#) (video and multiple handouts)
- 6/7/2023: [Isokinetic Band Exercises Part 1](#) (multiple handouts)
- 4/26/2023: [Fall Prevention Special Event](#) (video and handout)
- 3/1/2023: [Fall Recovery Special Event](#) (video and handout)
- 2/15/2023: [Leg Strengthening and Stretching](#) (video and handout)
- 1/18/2023: [Prepping for the Tough Stuff](#) (video and handout)

### **PT with Patty – 2022**

- 11/30/2022: [Pelvis, Posture and Prevention](#) (video and handout)
- 11/9/2022: [Isokinetic Exercise for the Upper Extremities](#) (video and handout)
- 11/2/2022: [Hip Strengthening and Balance](#) (video and multiple handouts)
- 10/26/2022: [Hip Strengthening Exercise Part 2](#) (video and handout)
- 10/19/2022: [Hip Strengthening Exercise Part 1](#) (video and handout)
- 10/12/2022: [Stretching Program](#) (multiple handouts)
- 10/5/2022: [Weigh Bearing and Weight Shifting](#) (handout)
- 9/28/2022: [Neck Stretching and Strengthening](#) (handout)
- 9/21/2022: [Pain Management](#) (video and handout)
- 6/29/2022: [Dawn Plumer, PT – Concussion Symptoms from Falls](#) (video and multiple handouts)
- 6/8/2022: [Matt Schenk, Certified Orthotist – Functional Electrical Stimulation and AFO's Part 2](#) (video and bio)
- 6/1/2022: [Cameron Athey, Certified Orthotist – Functional Electrical Stimulation and AFOs Part 1](#) (video and bio)

- 5/25/2022: [Heidi Spain, OTR Energy Conservation and ADL's](#) (video and multiple handouts)
- 5/18/2022: [Pre-Gait Standing Balance Skills Training](#) (multiple handouts)
- 5/11/2022: [The Brain's Pain Alarm Part 2](#) (video and multiple handouts)
- 5/4/2022: [The Brain's Pain Alarm Part 1](#) (video and multiple handouts)
- 4/27/2022: [Isokinetic Exercises](#) (video and handout)
- 4/13/2022: [Tiny Habits](#) (multiple handouts)
- 4/9/2022: [Balance and Falling Special Event Part III](#) (video and multiple handouts)
- 4/6/2022: [The Art of Using a Walker](#) (links to YouTube videos)
- 3/30/2022: [Energy Conservation/Managing Fatigue](#) (video)
- 3/26/2022: [Balance and Falling Special Event Part II](#) (video and multiple handouts)
- 3/23/2022: [Wellness Management](#) (video and handout)
- 3/16/2022: [Pelvic Girdle Strengthening](#) (video and handout)
- 3/9/2022: [Incontinence Management](#) (video and handout)
- 3/2/2022: [Communicating with Your Health Care Team](#) (video and handout)
- 2/16/2022: [Energy Conservation](#) (video and handout)
- 2/9/2022: [Stretching – Creating Your Own Program](#) (video and handout)
- 2/2/2022: [Coping with Exacerbations and Energy Conservation](#) (video and handout)
- 1/26/2022: [Pre-gait and Balance Skills Training](#) (video and handout)
- 1/19/2022: [Lower Extremity Band Exercise and Seated Trunk Exercise](#) (video and handout)
- 1/12/2022: [Isokinetic vs. Isotonic Exercise](#) (video and handout)
- 1/5/2022: [Gait Skills – Putting It All Together](#) (handout)