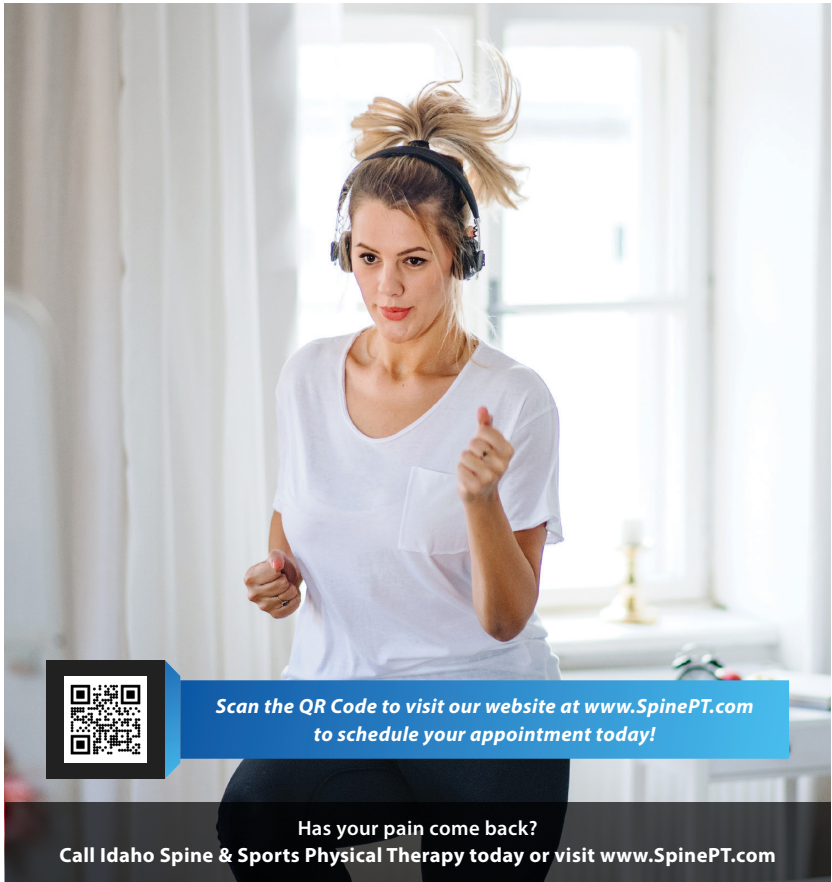


IDAHO SPINE & SPORTS
PHYSICAL THERAPY

HOW YOU CAN BECOME
**HEALTHIER, STRONGER,
& MORE ACTIVE**

www.SpinePT.com



*Scan the QR Code to visit our website at www.SpinePT.com
to schedule your appointment today!*

Has your pain come back?
Call Idaho Spine & Sports Physical Therapy today or visit www.SpinePT.com

Do You Want to Become Healthier, Stronger, & More Active?

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be difficult with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Idaho Spine & Sports Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

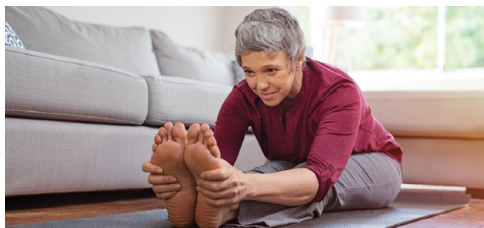
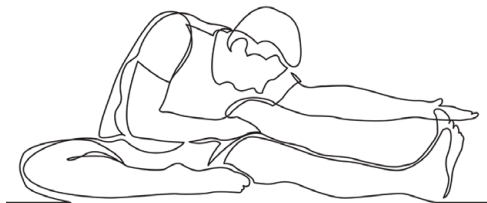


Your Health & You

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room.

Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.



Increasing Your Strength & Flexibility

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

**Give us a call at (208) 939-0533
to book your appointment today!**

7 Tips You Can Do On Your Own

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Idaho Spine & Sports Physical Therapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portions.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Idaho Spine & Sports Physical Therapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Idaho Spine & Sports Physical Therapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

www.SpinePT.com



Feel Better By Eating Better!

Slow-Cooker Chicken & White Bean Stew

- 1 lb. dried cannellini beans, soaked overnight and drained (see Tip)
- 6 c. unsalted chicken broth
- 1 c. chopped yellow onion
- 1 c. sliced carrots
- 1 tsp. finely chopped fresh rosemary
- 2 bone-in chicken breasts (1 pound each)
- 1 (4 oz) Parmesan cheese rind plus 2/3 cup grated Parmesan, divided
- 4 c. chopped kale
- 1 tbsp. lemon juice
- ½ tsp. kosher salt
- ½ tsp. ground pepper
- 2 tbsp. extra-virgin olive oil
- ¼ c. flat-leaf parsley leaves

Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on low until the beans and vegetables are tender, 7 to 8 hours. Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones. Return the chicken to the slow cooker and stir in kale. Cover and cook on high until the kale is tender, 20 to 30 minutes. Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley. Tip: To save time, you can substitute 4 (15 ounce) cans of no-salt-added cannellini beans (rinsed) for the soaked dried beans.

Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Meridian Location

(208) 286-2707

Boise Locations

(208) 939-0533

Fax Number

(208) 939-3341

Clinic Hours

Monday - Friday | 7AM - 7PM



Clinic News & Patient Testimonials



Dr. Jeff Taylor, PT welcomes their new baby boy!

Lucas Jeffrey Taylor! He is the newest addition to the Taylor family and his sister, Reese, adores him as she meets him for the first time.



Icesis Coburn

Referred By A. Vania, MD

"Physical therapy has been amazing to help with the pain I have felt for years! The staff are very friendly and committed to your success!"



Peti Siulua

Referred By Michael Koenig, MD

"Before I started physical therapy with Idaho Spine & Sports, I had severe back pain and little to no mobility. I could not sleep, sit or stand without being in intense pain. Since working with these amazing people, I noticed the difference each session as far as progression goes.

I am glad I came here to Idaho Spine & Sports because now I have my mobility back and my pain level has subsided. They have given me all the tools I need to live a normal day life. I now have my exercises and stretches I can use every day to live an active lifestyle. Thank you and your staff for the amazing work."



Dr. Steve Oswald, PT is now at our Orchard Location (Previously at the Five Mile Location)

1525 S. Orchard St. Boise, ID 83705

