IDAHO SPINE & SPORTS

PHYSICAL THERAPY

WINTER IS HERE!

TAKE ADVANTAGE OF OUR HOLIDAY SURVIVAL KIT!

www.SpinePT.com

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

Winter Is Here! Take Advantage Of Our Holiday Survival Kit!

We are smack dab in the middle of the busy holiday season. Now is the time for cooking, shopping, holiday parties, travel and many other activities that keep you busy. At ISSPT, we understand that you need to have all the energy you can get and move freely without pain, to keep up with the demands of the season.

We want to make sure you survive! We are offering a Holiday Survival Kit to our present and past patients. Continue reading our December newsletter for more information about how you can get yours! Supplies are limited so act fast!

Bret Adams, PT, M PT, ATC, CSCS

Dear Valued Client,

- Carrying bags laden with goodies...
- Bending over for hours at a time wrapping presents...
- Hunched over the table for what appears like days on end writing cards...
- Spending an entire evening trying to assemble flimsy plastic toys...
- Sitting around for hours watching repeats on TV...

Ah yes, the joys of the holidays!

Fun as it all may be, it takes a toll on our bodies and the last thing anyone want is for an old injury to flare up and cause problems over the festive break while enjoying time with family and friends...

Especially when there's no one around to put it right!

There is nothing more important to us than making sure our patients are living a pain-free life so schedule your appointment today so we can help you prepare for the holiday season!

Idaho Spine & Sports Physical Therapy wishes you and your family a safe and joyful holiday season!

Stop letting pain get in the way.

Ready to take action and move on from daily pain? Go ahead and get your next visit to Idaho Spine & Sports Therapy on the calendar.

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

Tips To Prevent Holiday Stress

Be Realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick To A Budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan Ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn To Say No. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

For more information on how physical therapy can help you reduce stress, give us a call today:
Meridian Location: (208) 286-2707 | **Boise Locations:** (208) 939-0533

Leave Us A Review!

Have you been loving Idaho Spine & Sports Physical Therapy & Wellness Center? **We would love to hear! Scan the QR code or visit our website at www.SpinePT.com to tell us how we're doing!**

Come Back And See Us!

Are you struggling with pain that won't go away? We want to help! Give us a call at your nearest location or visit www.SpinePT.com to schedule your consultation today!

Special Exclusive Package For You!

You Will Receive...

A comprehensive FREE Physical Therapy Check-Up looking at your muscles, joints, tendons, and nerve supply for any problems or irritation.

- We will talk with you about the history of your condition.
- We will take measurements to test how well you are moving and to test your strength and balance.
- After a thorough check-up, we will:
  a) Inform you of the cause of your pain or condition.
  b) Outline a successful treatment plan.

But that's not all! Because there are always those unexpected last few things to wrap and people to get things for, we are also including:

- 2 rolls of Christmas wrapping paper
- 3 blank Christmas cards
- 1 roll of Scotch tape

Who is eligible to attend this FREE Holiday Survival Package Check-Up Event?

- Past clients
- Present clients who have another problem currently not being treated
- All loved ones, family, friends, neighbors, and co-workers of our past and present patients
- All former attendees to one of our workshops

This Free Check-Up is ideal for people suffering with:

- Lower Back Pain
- Hip & Knee Pain
- Balance Issues & Problems Walking
- Neck Pain
- Sciatica
- Headaches
- Vertigo & Dizziness
- Shoulder Pain & Rotator Cuff Issues

Are you having problems with day-to-day activities such as walking, standing, sitting for long periods, going up or down steps, getting in and out of the car, sleeping or driving? If so, this Holiday Survival Package Check-Up Event is an excellent opportunity to come visit us, find out the cause of your problem, and have it treated.

We are giving away only 10 of these exclusive packages & appointments at each location so call today to book yours now!

These exclusive Holiday Survival Packages and appointments are limited to only 10 people at each of our locations. Call today (208) 939-0533 to claim your Holiday Survival Package and appointment for December 14th or 15th, 2021.

Techy, Suzi and Cassaundra are awaiting your call to schedule at any one of our 4 locations.

Sincerely,
Idaho Spine and Sports Physical Therapy

Get Your Life Back with Idaho Spine & Sports

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

Meridian Location	Boise Locations	Fax Number	Clinic Hours
(208) 286-2707	(208) 939-0533	(208) 939-3341	Monday - Friday | 7AM - 7PM

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