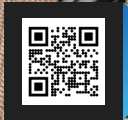
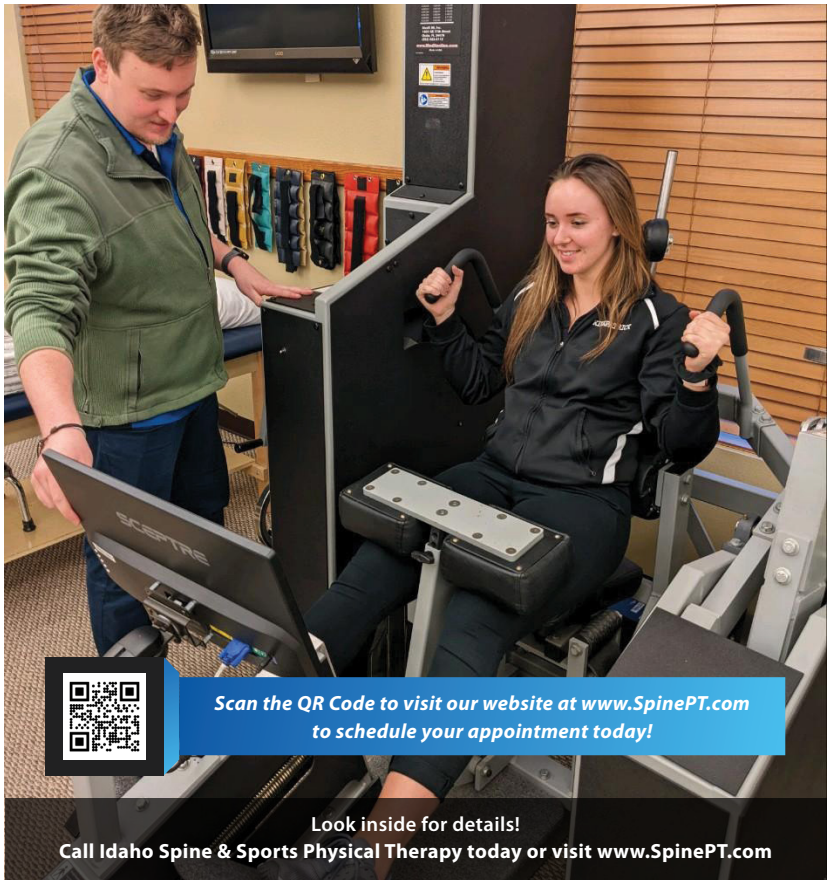


IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

## HOW MEDX CAN HELP YOUR BACK FEEL GOOD AGAIN

[www.SpinePT.com](http://www.SpinePT.com)



Scan the QR Code to visit our website at [www.SpinePT.com](http://www.SpinePT.com)  
to schedule your appointment today!

Look inside for details!  
Call Idaho Spine & Sports Physical Therapy today or visit [www.SpinePT.com](http://www.SpinePT.com)

# How MedX Can Help Your Back Feel Good Again

Have you noticed that back pain limits your ability to tolerate sitting for more than a few minutes? Are you frustrated that your back pain never seems to go away completely? At Idaho Spine & Sports Physical Therapy, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is one of the most common ailments experienced, with estimates as high as 80% of all Americans experiencing lower back pain some time in their lives. For most people, back pain typically only lasts for a few days. Unfortunately, the pain becomes chronic for around 20% of people and never really goes away.

Many studies have concluded acute and chronic back pain affects the strength, coordination, and overall functioning of the spinal muscles. Fortunately, at Idaho Spine & Sports Physical Therapy, we are experts at treating lower back pain and have solutions that will work for you. We offer the MedX treatment process using patented isolation strategies to target the muscle of the spine.

**Call today to schedule an appointment with one of our highly trained therapists and see if MedX is right for you!**

## What Is MedX?

MedX is a machine designed for testing and treating the spinal muscles commonly associated with lower back and neck pain. MedX uses a unique restraint system to isolate and strengthen the deep spinal stabilizers. This system aims to reduce stress and decrease pain to allow for proper healing and enable you to return to normal function.

People with back pain will often use abnormal movement patterns that interfere with the normal function of our muscles and joints. The machine limits these compensations to restore standard movement patterns and strength levels. One of the biggest challenges these people face is restoring normal function, where MedX comes in.

Fortunately, when the spinal stabilizers are trained correctly, abnormal stresses are reduced, and the spinal tissues heal, allowing you to get back to doing what you love!

**Has Your Pain Come Back?  
Book An Appointment Today!**



## How Physical Therapy & MedX Can Help Your Back Pain

Our spine was designed to move, and movement becomes impossible when injured or in pain. Most back and neck pain results from abnormal stresses on the spine's joints. There are many possible reasons ranging from trauma, degeneration, repetitive movements, and prolonged positions.

The deep layers of muscles along the spine are responsible for stabilizing and controlling our typical movements. Research has consistently shown that weakness and atrophy of these muscles are directly connected to pain and closely correlated with pain and dysfunction.

At Idaho Spine & Sports Physical Therapy, our physical therapists specialize in treating spinal disorders. We will perform a comprehensive evaluation to identify the root cause of your pain. This will include evaluating your spinal mobility, posture, and strength. Once we identify the factors contributing to your pain, we will design a program tailored to your individual needs.

Whether you are dealing with acute or chronic lower back pain, our therapist will design programs to help restore your ability to maintain optimal positioning of your spinal joints. We emphasize working on your spinal stabilizers to reduce abnormal stresses and restore normal pain-free function.



## Free Strength Test & Assessment

Bring this coupon in to your nearest location to receive one free strength test & assessment!

Offer Ends May 31st, 2022.

# What To Expect In Physical Therapy Sessions

Our physical therapists are experts in evaluating and identifying the root cause of your back pain. By pinpointing the source of your aches and pains, we can develop a plan for you that will restore your strength and quickly relieve your pain.

Our physical examination involves taking you through specific movements and strength tests to establish baselines to measure your improvements. This information allows your therapist to classify your condition and tailor it to address your individual needs.

Using the MedX strengthening unit is an integral part of the initial stages of rehabilitation. Our program will incorporate proper postures and body mechanics to ensure appropriate coordination and tolerance to normal functional movements as your strength improves. This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

Our goal is to eliminate the abnormal stresses and help you improve and maintain spinal strength allowing the body to heal and return to normal function.



## Request An Appointment Today!

As part of your physical therapy treatment, we offer the MedX treatment system to help you restore your strength to eliminate your pain. **Contact Idaho Spine & Sports Physical Therapy today to learn more about how our MedX unit can help you feel good again!**

Sources:

[https://journals.lww.com/spinejournal/Abstract/2018/10150/A\\_Comparison\\_of\\_Isolated\\_Lumbar\\_Extension\\_Strength.17.aspx](https://journals.lww.com/spinejournal/Abstract/2018/10150/A_Comparison_of_Isolated_Lumbar_Extension_Strength.17.aspx)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6147876/>  
<https://www.gjanesiol.org/journal/view.php?doi=10.15758/gj.2020.22.2.1>



## Feel Better By Eating Better! Kachumber Salad (*Indian Salad*)

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup packed chopped cilantro
- 1/4 tsp or more salt
- 1/4 tsp or more freshly ground black pepper
- 1/4 tsp or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

## 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



# Free Paper Shred Event!

May 18<sup>th</sup> | 4PM – 6PM

At Our Orchard St/Overland Rd Location  
1525 S Orchard St. Boise, ID 83705

*What better way to celebrate Spring and the End of Tax Season!*

- Limit of 5 boxes per person
- Attendees may bring confidential documents for on-site shredding
- No metal, plastic, magazines, bound books, or newspapers
- Paper clips, staples, and rubber bands are okay!



**Schedule Your Next Appointment!**

Scan the QR Code to visit [www.SpinePT.com](http://www.SpinePT.com) to schedule your next appointment now!

**Come Back & 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](http://www.SpinePT.com) to schedule your consultation today!