IDAHO SPINE & SPORTS
PHYSICAL THERAPY

WHAT'S HAPPENING AROUND OUR CLINIC

www.SpinePT.com

Free Shredding Event, September 14th 4-6PM

We will have snacks and drinks outside. This is for small businesses or individuals who want to do some:

- Fall cleaning
- Clear clutter
- Shred past confidential documents

All Are Welcome!

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

What better way to start Fall clean up!

- 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!

Upcoming Workshop | *Shoulder Pain*

It's happening Monday, September 19th from 5:30PM - 6:30PM!
Location: 3040 N Five Mile Road Boise, ID 83713
Instructor: Dr. Jordan Steichen
Fee: FREE

- Do you feel sharp pain when you reach up high to put away your dishes?
- Are you unable to fix your hair?
- Are you unable to lift your arms above your head?

If you answered YES, please sign up for our Free Shoulder Pain Workshop so you can learn self-care strategies to reduce or eliminate your shoulder pain!

You will learn tips on how to:

- Identify which cuff is torn and how bad it really is
- Correct the cause of your pain and speed up the healing process
- Prevent future damage

Limited to 12 Seats! Please sign up today!
Turn page to learn more about your shoulders.

RSVP by scanning the QR code and visiting our website at www.SpinePT.com/workshops

Service Spotlight

Dry Needling

Did you know dry needling is beneficial and pain-free?

Dry needling is a safe and effective method of treatment provided at Idaho Spine and Sports Physical Therapy to reduce pain and muscle tension, while simultaneously improving mobility. While it is a common misconception, dry needling is not acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular systems.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you are in Boise & Meridian, ID looking for relief, or if you'd like to gain more information on how dry needling could benefit you, request an appointment at Idaho Spine and Sports Physical Therapy today!

Our Patients Get Great Results!

Barbara Hemmer

"Having had a total hip replacement, I wasn't sure what to expect going forward. All the staff have been so supportive and informative. I was a little skeptical of the team approach to therapy but have found it to be everything they assured me it would be. Thank you – all of you! "

Robin Bostard

"Confidence. That is what I gained along with healing. When I arrived, my knee was weak and by the end, I had strength and flexibility. With this said, "Confidence" in my knee is the biggest gain of all! I had a lot of concerns, and Lindsay, PT, addressed all my issues by providing me with a safe place to heal. I feel so blessed to have had her and April, my Therapy Trainer, to assist me in my journey! I feel I made two friends for life!!"

Zane Pulver

"As someone who takes health & fitness very seriously, I cannot recommend Idaho Spine & Sports Physical Therapy enough. Struggling with autoimmune back pain can be difficult, but all my visits here have greatly helped with my pain levels, functionality, and outlook for long term! The team here is very helpful, knowledgeable, and friendly. Physical therapy has helped me greatly in the past, but I have gotten my best results so far by using Idaho Spine & Sports PT specifically! This is a fantastic practice in my opinion!"

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

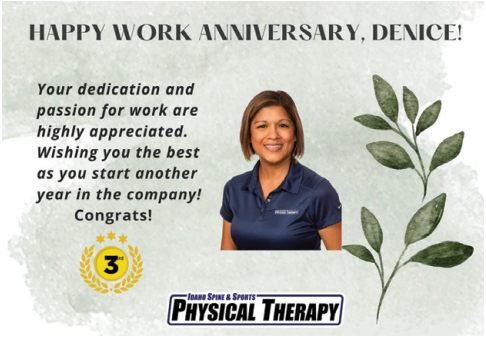
Boise Locations
(208) 939-0533

Fax Number
(208) 939-3341

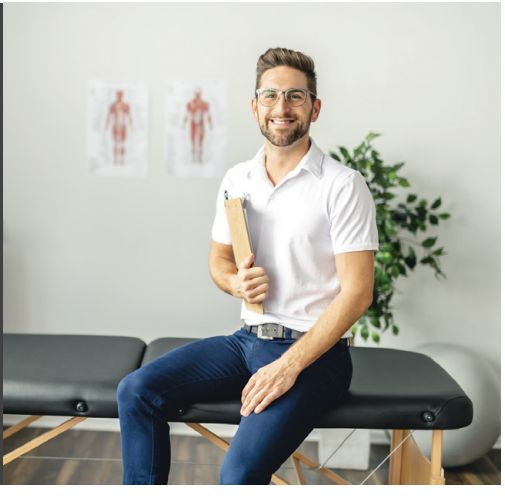
Clinic Hours
Monday - Friday | 7AM - 7PM

IDAHO SPINE & SPORTS PHYSICAL THERAPY

Staff Spotlights



We're Currently Hiring For A Physical Therapist Position!

We are hiring a Physical Therapist. If you or someone you know think you'd be a good fit to our team, contact Idaho Spine and Sports Physical Therapy in Boise & Meridian, ID today!

Scan the QR Code below to apply online or simply visit our website at spinept.com/join-our-team today!