

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

**GET YOUR HEALTH BACK ON TRACK  
WITH PHYSICAL THERAPY**

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



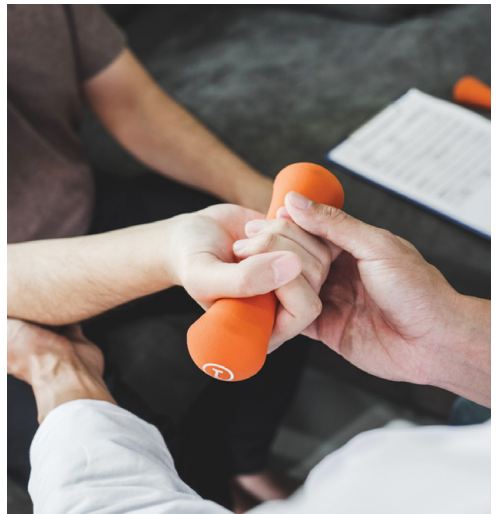
Scan the QR Code to visit our website at [www.SpinePT.com](http://www.SpinePT.com)  
to schedule your appointment today!

# Get Your Health Back On Track With Physical Therapy

October is National Physical Therapy Month. Idaho Spine & Sports Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced at treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

[Request an appointment with Idaho Spine & Sports Physical Therapy today, so we can help you get back to the life you deserve!](#)



## Why Should I Choose Physical Therapy?

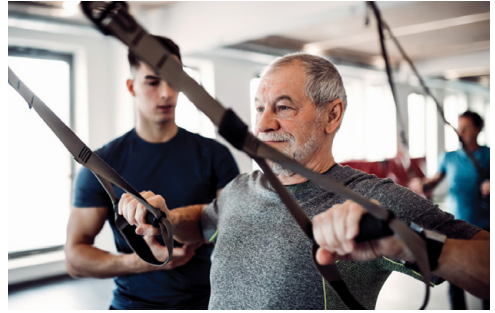
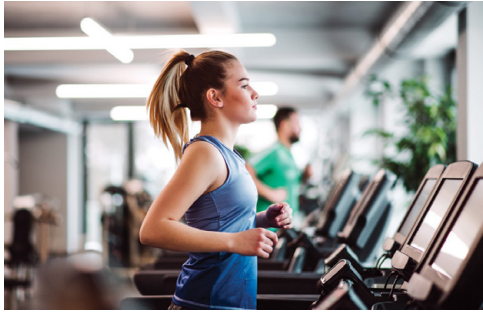
There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. *Some of the impairments your physical therapist can help you correct include:*

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

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

# 4 Benefits of Physical Therapy



A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

**1. Physical therapy can help improve your joint range of motion and overall mobility:** Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

**2. Physical therapy can help strengthen weaknesses and compensation patterns:** Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

**3. Physical therapy can improve your overall health and well-being:** When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition,

physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

**4. Physical therapy can help you reduce the risk of injury:** By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

## Call Us Today To Request An Appointment

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Idaho Spine & Sports Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.

**If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!**

Sources:

<https://academic.oup.com/ptj/article/95/10/1433/2686492>

<https://academic.oup.com/ptj/article/90/7/1014/233793>

<https://bjm.bmj.com/content/52/24/1557.citation-tools>

<https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

## 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



# Staff Spotlight

## Dr. Collin Larson, DPT, PT

Dr. Collin Larson, DPT, PT joins Idaho Spine and Sports Physical Therapy as a Neck & Upper Extremity Orthopedic Specialist. He is a Boise native! His Bachelor of Science Degree is in Kinesiology: Exercise Science from Boise State University and he completed his Doctorate of Physical Therapy from American International College in Springfield, Massachusetts.

He is passionate about helping people rehabilitate from injuries and to stay fit and healthy without the use of surgery.

When Dr. Larson is not working, he loves spending time with his family and friends. He also enjoys playing pickleball, rock climbing, and mountain biking. He practices what he preaches and often does exercise resistance and mobility training up to six times/week.

**Dr. Larson is taking new patients at the Five Mile/Ustick Road Clinic.  
3040 N Five Mile Road Boise, ID 83713**



### Special Offer

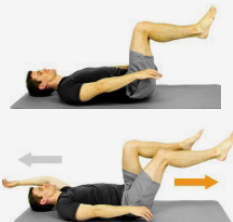
*We are celebrating National Physical Therapy Month with Free Assessments, limited to 20 people at each location!*



SCAN ME



### Exercise Essentials Dead Bug



While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain a pelvic neutral position. Do not allow your spine to move. Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm overhead. Do not allow your spine to arch during this movement. Return to starting position and then repeat on the opposite side. This is a great exercise to build core strength and stabilization.

**Are you struggling with pain that won't go away?**  
**We want to help!** Give us a call at (208) 939-0533 or visit [www.SpinePT.com](http://www.SpinePT.com) to schedule your consultation today!