

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

WINTER IS HERE!

**TAKE ADVANTAGE OF OUR
HOLIDAY SURVIVAL KIT!**

www.SpinePT.com



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

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!

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 wants 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!



Bret Adams, PT, M PT, ATC, CSCS

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!**

Staying Physically Fit During The Holidays

1. Keep moving.

In addition to staying active, try to avoid sitting for prolonged periods of time. Remember: Too much sitting is hazardous to your health. Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors.

2. Be creative and get rid of 'all or nothing' mindsets.

The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to healthful eating and physical activity. In reality, there is more than just one way to live healthfully and be active. During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair. From exploring new group fitness classes to building physical activity into holiday traditions. Think outside the box when it comes to ways to have quality time with family and friends while also prioritizing your health.

3. Plan – and remember there is always time and opportunity for a workout.

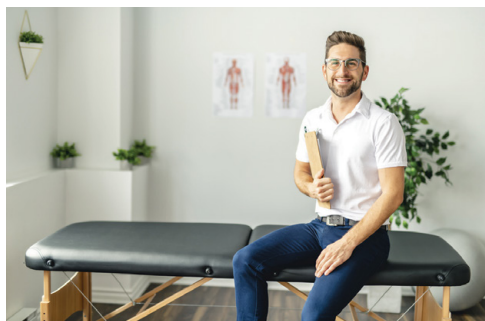
Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, make time for a quick workout.

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of tempting treats. Even the most disciplined people can find it difficult to stick to their health and fitness routines. However, with these tips, you will be able to manage activity into your daily schedule with patience and time.



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 from:

- 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, 2022.

Techy, Suzi and Cassandra 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
(208) 286-2707

Boise Locations
(208) 939-0533

Fax Number
(208) 939-3341

Clinic Hours
Monday - Friday | 7AM - 7PM

