

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

**ARE YOU TAKING CARE
OF YOUR HEART?**

www.SpinePT.com



Special Offer Inside!

Are You Taking Care of Your Heart?

Have you been diagnosed with high blood pressure? Do you get out of breath going up a flight of stairs? Your heart is vital to your survival. At Idaho Spine & Sports Therapy, our therapists understand how important it is to address underlying issues and create a plan to help prevent injury and disease.

Heart disease is the number one cause of death in the United States, accounting for one in four deaths each year. Fortunately, most forms of heart disease are preventable by making lifestyle changes, including exercising, practicing good nutritional habits, and reducing stress in your everyday life.

February is American Heart Month. Our team at Idaho Spine & Sports Therapy can help improve your heart health by helping you learn how to eat a well-balanced diet, exercise regularly, and avoid anything that can cause damage to it.

Request an appointment with one of our specialists to learn how to keep your heart healthy!



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



Tips For Better Heart Health

Taking action and maintaining a healthy lifestyle will assist you in making sure your heart is healthy. When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. Plaque forming in your arteries is the cause of heart attacks and strokes.

The following are 5 ways you can make sure your heart continues to perform at its best.

- 1. Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.
- 2. Participate in strength training:** Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.
- 3. Maintain mobility of the joints and muscles:** Regular stretching and mobility work keeps you active and makes you feel better. The more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.
- 4. Eat healthy meals:** Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.
- 5. Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. The less stressed out you are, the less tension and stress you place on your heart. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

Free Workshop

Spring Forward Into Running Safely:

Tips for Injury Prevention and How To Safely Return To Running



Hosted by
Lindsay Freeborn, PT



SCAN ME

When: Tuesday, February 28, 2023 5:30-6:30 p.m.

Where: Idaho Spine and Sports Physical Therapy 12072 W. McMillan Road, Boise, ID 83713

RSVP: Call 208-939-0533, Text 208-794-4283, or Register with QR Code above

After a long, dark winter with less activity, it's time to get ready for walking/running fitness for the spring.

In this workshop, you will learn how to begin a fitness program, get tips for stretching, progress your exercises safely, what proper footwear to get, and more!

This free workshop is only limited to the first 10 people so sign up today! We intentionally want this group small so we can take questions and do a brief screening for those who want it.



Refer a Friend Prize Drawing!

*To Win the Best Pillow
You've Been Waiting For!*



Jan 1-March 31, 2023

Enter a chance to win a new Cervical Contour Memory Foam Pillow with Ergonomic Design each time you refer a friend or family member! We will enter your name into the drawing at each of our 4 locations for multiple winners!

We look forward to continuing to serve you and your loved ones on your journey to health this new year!

Valentine's Special!



Love your back and come in for a free assessment and strength test on the MedX!
MedX targets and restores abnormal strength and movement patterns of the spine.

What is MedX?

Most back & neck related conditions such as degenerated disc disease, bulging & herniated discs, sciatica, stenosis, muscle strains, and headaches have one simple underlying cause... abnormal stresses on the joints of the spine.

Fortunately, when the spinal stabilizers are trained correctly, abnormal stresses are reduced and the pain generating spinal tissues heal.

- MedX uses a patented restraint system to isolate spinal movement and target strengthening of muscles critical to spinal positioning and stabilization.
- MedX is recognized as the Gold Standard for testing and treating the

muscular components of chronic neck & back pain and disability.

- MedX strengthens the spine throughout all ranges of motion thus preventing re-injuries in the future.

MedX responds well to the following conditions:

- Disc Bulges
- Disc Herniations
- Degenerated Discs
- Non-specific Pain
- Sciatica
- SI Dysfunction
- Stenosis
- Muscle Strains
- Headaches
- Posture Syndromes
- Post-surgical Outcomes
- Prevention of Reoccurring Spine Pain
- Work Injuries

Offer Expires 2/28/2023

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

