

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

PHYSICAL THERAPY CAN HELP YOU GET BACK TO SPORTS THIS SPRING

www.SpinePT.com



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

Physical Therapy Can Help You Get Back to Sports This Spring

Are you looking forward to the beautiful weather this spring? With so many great activities to look forward to, it's important to make sure your health is in tip-top shape for this season. At Idaho Spine & Sports Physical Therapy, our physical therapists can help you get over an injury and get ready for spring-time fun!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities. Physical therapists are movement experts who understand the body's demands and how to prepare for activities like running, biking, and playing sports.

How Physical Therapy Can Help You Be Ready This Spring

Being able to practice the sport you love, whether competitively or just for fun, is essential. Sports provide a way for you to get physical activity while having fun. Your heart rate rises, your blood gets flowing, your muscles get the workout that they need.

Many sports injuries are caused by not training in the off-season or trying to do too much too soon. Improper training and conditioning can resurface old injuries and new injuries starting. Our physical therapists can help you implement effective strategies to prevent sports injuries this season.

A few common sports injuries that physical therapy can treat include:

- Ligament sprains
- Muscle strains
- Overuse injuries (i.e., tendonitis, joint pain)
- Cartilage tears

If you're looking to get more physical activity this season or finally resolve that old injury and aching joints, call Idaho Spine & Sports Physical Therapy today. We'd love to help you get in the best shape possible so you can participate in all of your favorite activities!



Here are some excellent activities that can get you in shape and help you get back to playing the sports you love this season!

Biking: Biking is a fun activity people enjoy as it warms up outside. Whether you are riding on the road or the trails, biking can prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. The great thing about biking is that you can go as slow or as fast as you're able. Riding a bicycle will not only keep you active, even 15 or 20 minutes twice a week is a good start.

Physical therapists can show you the best way to ride the type of bike you own. Our physical therapists can help to mobilize your joints, build up strength and improve your endurance so you can continue taking those long bike rides through the park, mountains, or city streets! Having the proper fit can ensure you spend time enjoying the ride instead of recovering from an injury.

Running: One of the best activities to get in shape or decompress from stress is running. Unfortunately, new and old runners alike will experience injuries that prevent them from putting in the miles. Too often, runners ignore their injuries or don't resolve them entirely, only to worsen or develop a new problem.

While running may be your chosen spring activity, it certainly can be hard on the body, and without proper guidance, you may find yourself unable to run at all. That's why participating in a regular physical therapy routine at Idaho Spine & Sports Physical Therapy is such a good idea.

If you're having difficulty running at the same levels of speed or distances that you're used to, it's a sign you should see a physical therapist ASAP for care. We'll make sure your muscles are strong, and your plan for training is sound. We can help make sure your joint health is up to par before you hit the trails this season.

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

(208) 939-0533
www.spinePT.com

Get Back In The Game With Physical Therapy

Golf is a popular sport enjoyed by millions of people worldwide. However, golfers are no strangers to the risk of back pain, which can impact their ability to swing and enjoy the game. Back pain in golfers can result from various factors, including poor swing mechanics, overuse, muscle imbalances, and lack of proper conditioning. Physical therapy can play a crucial role in managing and preventing back pain in golfers, allowing them to swing pain-free and enjoy their favorite sport to the fullest.

Understanding the Mechanics of Back Pain in Golfers

The golf swing is a complex and repetitive motion that involves multiple joints and muscles, including the spine, hips, shoulders, and wrists. The repetitive twisting, bending, and rotational forces placed on the spine during the golf swing can strain the muscles, ligaments, and discs in the back, leading to pain and discomfort.

Additionally, poor swing mechanics, such as excessive trunk rotation, lateral bending, and reverse spine angle, can further increase the risk of back pain in golfers. Understanding the biomechanics of the golf swing and how it can impact the back is crucial in addressing and preventing back pain in golfers.



Role of Physical Therapy in Managing Back Pain in Golfers

Physical therapy can be a highly effective conservative treatment approach for managing back pain in golfers. A skilled physical therapist can perform a comprehensive evaluation to assess the golfer's musculoskeletal system, including their posture, flexibility, strength, and movement patterns. Based on the findings, a customized treatment plan can be developed to address the specific needs of the golfer and help them manage their back pain.



REGISTER BELOW!

*LIMITED TO 20 SEATS!



Event Details:

3040 N Five Mile Rd
in Boise

Wednesday June 14
5:30-6:30 PM



Free Golf Assessment Workshop!

"Fore Your Back!" A Golf Workshop to Improve Your Game and Eliminate Back Pain

You Will Learn:

- How to improve your golf swing & reduce the risk of further injury
- Proper warm-up routines
- Techniques to increase mobility
- How to avoid the most common causes of back pain



Hosted By
Dr. Chris Olshavsky, PT

Refer a Friend Prize Drawing To Win a Kindle!

April 1-June 30, 2023

Enter a chance to win a new Kindle each time you refer a friend or family member! We will enter your name into the drawing at each one of our 4 locations for multiple winners! We look forward to serving you and your loved ones on your journey to health this year! Thank you!



A single charge via USB-C
lasts weeks, not hours

Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Phone Number
(208) 939-0533

Fax Number
(208) 939-3341

Clinic Hours
Monday - Friday | 7AM - 7PM

