

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

WAYS TO STAY MOTIVATED DURING PHYSICAL THERAPY AND BEYOND

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Ways to Stay Motivated During Physical Therapy and Beyond

Have you struggled to stay motivated with your rehab? Are you finding it difficult to get the results you hoped for? At Idaho Spine & Sports Physical Therapy, our physical therapist understands persisting to the end of a lengthy rehabilitation process can be difficult. We are here to help and keep you on track to have the results you desire!

For many people, persisting with physical therapy is challenging. Time commitments, slow progress, setbacks, and being tired of not feeling your best all factor into a typical rehabilitation process and make it hard to persist. Whether your doctor has recommended therapy after surgery or you finally decided to get help to resolve an injury or chronic pain, **physical therapy can be the solution you are looking for.**

We know it's no easy task to stay motivated when you're in pain, so we are committed to providing you with the education and support to empower you to stay motivated, engaged, and dedicated to your healing journey!

At Idaho Spine & Sports Physical Therapy, we offer a high level of service to all of our patients. No matter what condition you are dealing with, you can stay motivated and dedicated to your treatment program!



3 Tips for Using Gardening To Stay Healthy and Fit

Summertime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals!

Here are a few tips to ensure you avoid injury and make the most out of gardening this season:

1. Warm up first.

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 10 minutes before starting any bending or lifting.

2. Practice proper technique.

One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis.

When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Take breaks.

Taking frequent breaks or alternating tasks such as digging, lifting, and walking is beneficial for your body. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.

Are you ready to enjoy gardening this season? Practicing these three tips will help you prevent injury and make the most out of this season!

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How To Get The Results You Want

If you're in physical therapy, it's most likely because you're struggling to do things you love without experiencing pain. Maybe you have back issues that keep you from playing sports, or perhaps you've been dealing with ankle pain that hinders your ability to walk and run errands without pain. No matter the reason, you can take steps to ensure results.

Too often, people wait and hope things will get better. Don't put off dealing with something small, or risk the chance it becomes big! Getting started sooner leads to faster results.

Achieving results depends on persistence. Fortunately, our physical therapists understand what motivates people to persist and get the results they are looking for. Physical therapy helps people resolve their present condition and improves their overall health.

Here are four research-backed ways to get results:

1. Understanding Your Condition

One of the essential factors in achieving results is knowing the condition you are dealing with. Identifying the source of the problems is one of the most critical factors. Our therapists perform comprehensive evaluations to determine your overall health status and all the factors contributing to your condition.

Our team will educate you to understand what is going on and how to resolve the issues contributing to your condition.

2. Knowing the Expected Duration of Your Presenting Symptoms

Too often, the practitioners in healthcare are rushed for time and forget to mention what you should expect regarding your condition. The peace of mind alone can help people commit to getting the results they want.

It is also helpful when things don't pan out as anticipated because it will lead to more investigation and identification of solutions.

3. Experiencing Improvements

Nothing helps quite as much as feeling better. Results help keep us motivated

and spark new engagement after a plateau. In rehabilitation, patient satisfaction is most substantial when people experience symptom resolution and improved function. Our team works with you to ensure you improve!

4. Challenge Yourself

This may sound counterintuitive, but recent research shows that if something is too easy, we lose interest, and if it is too difficult or impossible, we give up before trying. Pushing ourselves, so 15% of the time, we struggle or even fail is the sweet spot for improvement.

Your physical therapist will progress your program to ensure you are moving forward and, at the same time, challenging, so you get optimal results!

If you're feeling discouraged during physical therapy, set goals for yourself by making a list of all the activities you'll be able to do once you've advanced in your treatment. Keeping a physical therapy progress journal can be a great way to track your progress over time.

Try writing down your pain symptoms at the beginning of treatment, and track the exercises and stretches you do every day. You'll be surprised at how far you've come, especially if you notice you aren't experiencing the same levels of pain you were before treatment!

Call To Schedule An Appointment

We're behind you every step of the way! At Idaho Spine & Sports Physical Therapy, we want to learn more about you than just your pain symptoms, and we want you to feel comfortable with us. Our therapists will assess your overall health and create a unique treatment plan to empower you to get back on your feet.

If you're dealing with nagging pain or any other condition begging for attention, call (208) 939-0533 today to set up a consultation.

Sources:
<https://www.nature.com/articles/s41467-019-12552-4>
<https://www.emerald.com/insight/content/doi/10.1108/IJQRM-02-2017-0031/full/html>
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Exercise of the Month: *Walking Lunge*



Stand up straight with your arms straight down by your sides. Step one foot out in front of you so your weight is resting on the heel of your front foot and the toes of your back foot. Bracing your abdominals lower your body towards the floor until your back knee is just above the ground and then press back up. Keep your weight evenly distributed and make sure your knees are both approximately at 90-degree angles at the bottom of the rep. Step your back foot up to meet your front foot and then lead the next lunge with your opposite foot. Repeat 10 reps, 3 sets.



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Back to School Hygiene Drive

Collecting Personal Health Products For Students and Families in Need!

Join us for our Back to School Hygiene Drive! We are dedicated to supporting students and families in need by collecting personal health products. Help make a difference by donating items such as shampoo, conditioner, body wash, deodorant, and other essential hygiene products. Together, we can ensure that every student starts the school year with the necessary supplies for a healthy and confident start. Join us in making a positive impact in our community!

Please drop off items anytime during 7/10 - 8/11, 9AM - 5PM at any one of our four locations.



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

