

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

**LIVE A HEALTHIER LIFE  
WITH PHYSICAL THERAPY!**

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to schedule your appointment today!

# Live a Healthier Life With Physical Therapy!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Idaho Spine & Sports Physical Therapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially if you are living with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. **If you are looking for a healthier and more active lifestyle, contact Idaho Spine & Sports Physical Therapy today!**



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## How Physical Therapy Can Help You To Be Healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

# Physical Therapy Treatments Target Your Needs and Goals!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We will also work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

**Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.**

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

## What To Expect From Your Physical Therapy Sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.



Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

## Contact Us Today!

If you want to improve your health, strength, and physical activity, Idaho Spine & Sports Physical Therapy is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources:  
<https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>

## Exercise of the Month: *Angel On Back*



Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.



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# Claim Your \$20 Voucher Towards Optimal Wellness Below!



"I initially chose Idaho Spine & Sports Physical Therapy due to its proximity to my work and children's daycare. What I was fortunate enough to discover is a staff that is caring, supportive, and fun. In addition to being extremely knowledgeable, they carefully planned and prepared a physical therapy plan for my knee, they took the time to get to know me as a person and took into account my active lifestyle in my treatment plan. I will recommend them to my family and friends and will use them again if the opportunity presents itself. Thank you for getting me back on the volleyball court!" - **Faith R.**



"I feel that my PT was a great success. Upon my first appt, I realized I was weak. The exercise was very helpful and not too difficult for me. I learned how to lift properly, which was essential for my relationship with my grandchildren and family. I feel stronger now. I've been in PT before elsewhere, but I feel that this Physical Therapy has been a great success. Thanks to all!"

- **Pamela V.**

**Share your success story  
by scanning the QR code!**



October is here, and with it comes the celebration of National Physical Therapy Month! At Idaho Spine and Sports Physical Therapy, we're thrilled to join in the festivities by offering you an irresistible opportunity to prioritize your health and well-being.

We understand the importance of maintaining a healthy and active lifestyle, and our expert physical therapists are here to guide you every step of the way. As a token of our appreciation for your trust in us, we're delighted to present you with a \$20 Voucher that can be applied to any of our exceptional services and products.

Whether you're recovering from an injury, seeking pain relief, or aiming to enhance your mobility, our skilled therapists will craft a personalized plan to suit your unique needs.

*Harness the power of physical therapy to:*

- **Accelerate Recovery:** Our evidence-based techniques can help you recover faster and more effectively, getting you back to doing what you love.
- **Reduce Pain:** Say goodbye to nagging pain. Experience the relief that comes from targeted therapeutic interventions.
- **Boost Mobility:** Regain your freedom of movement and achieve new levels of flexibility and strength.
- **Enhance Performance:** Whether you're an athlete or simply want to improve your everyday activities, we'll help you reach your peak potential.

Don't miss out on this incredible opportunity to invest in your well-being and take a positive step toward a healthier life. To redeem your \$20 voucher, simply bring the voucher to your appointment.

**Remember, your health is an investment, not an expense.** Let's make this National Physical Therapy Month truly memorable together.

We look forward to serving you!

**Embrace Wellness This National Physical Therapy Month!  
Bring in this voucher for \$20 off your next visit!**

*Limit 1 per person and not exchangeable for cash. Offer expires December 31, 2023.*