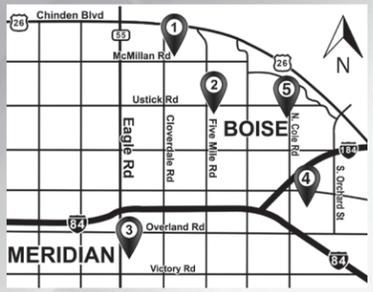


- 1 **MCMILLAN: WEST VALLEY**
12072 W. McMillan Rd
Boise, ID 83713
- 2 **FIVE MILE: WEST BOISE**
3040 N Five Mile Rd
Boise, ID 83713
- 3 **SILVESTONE: SOUTHEAST MERIDIAN**
2316 S. Eagle Rd
Meridian, ID 83642
- 4 **ORCHARD: CENTRAL BENCH**
1525 S Orchard St
Boise, ID 83705
- 5 **COLE ROAD: WEST BENCH**
2915 N Cole Rd
Suite 101
Boise, ID 83704

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IDAHO SPINE & SPORTS
PHYSICAL THERAPY



- SPECIALIZING IN:**
- ASTYM Techniques
 - Auto Accidents
 - Balance Issues
 - Bursitis
 - Dizziness & Vertigo
 - Dry Needling
 - Headaches
 - Hip Problems
 - Sciatica
 - Shoulder Pain
 - Joint Replacement
 - Knee Arthritis
 - Lower Back Pain
 - Neck Pain
 - Plantar Fasciitis
 - PRP/Stem Cell Rehabilitation
 - Tendonitis
 - & More!

REFER A FRIEND & WIN!

Refer a Friend & Win Private Pilates Sessions!

Five lucky winners will receive **three private, one-on-one Pilates sessions at Embody Pilates Yoga & Fitness**, personally customized to support your movement goals and help you:

- Build strength
- Improve mobility
- Move with confidence

Location:
Embodiy Pilates Yoga & Fitness
816 W Bannock St., Suite 508
Boise, ID 83702
www.embodiyboise.com

- **How to Win:** Simply refer a friend anytime during **January to March** for your chance to win this personalized Pilates experience.
- Prize drawings will be held at **all five ISSPT locations**, with

the winner announced during the first week of April.

- A special thank-you to **Embodiy Pilates, Yoga, & Fitness** for partnering with us to support our clients' strength, movement, and long-term wellness goals.
We're grateful to be part of a community that values movement, strength, and lifelong health.

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

Expires 3-31-26

Your Name _____

Referred By _____

**REFER A FRIEND
CALL TODAY! 208-912-0107**

208-912-0107
SpinePT.com **IDAHO SPINE & SPORTS**
PHYSICAL THERAPY

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

Clinic News

INSIDE THIS ISSUE

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- Small Business Spotlight
- Valentine Exercise Update
- Win Private Pilates Session!

OUR GOAL IS TO SERVE YOU WITH SUCH A GREAT EXPERIENCE THAT YOU:

1. Thank the person who sent you here.
2. Refer people you care about to us.

Follow us on Social Media for Tips & Education!



**A MESSAGE FROM OUR FOUNDER
BRET ADAMS, PT, MPT, ATC, CSCS**

*Helping You Move Better,
Live Better—Since 2002*



Bret Adams, PT, MPT, ATC, CSCS

Hello Friends,

As February continues, it's a great reminder to slow down, reconnect, and show a little love—especially to yourself. While Valentine's Day often focuses on others, this time of year is also perfect for prioritizing your own health and well-being. With winter still lingering, focusing on movement, stress management, and overall wellness can help you feel your best—inside and out.

Whether you're easing back into a routine, staying active during colder days, or addressing aches and pains from daily life, our team is here to support you every step of the way. Taking time to care for your body is one of the best ways to invest in your long-term health.

This February, let self-care be part of your routine. We're here to help you move comfortably, feel stronger, and stay active through the rest of the month and beyond.

Wishing you continued health and wellness,

*To your health,
Bret Adams, PT, MPT, ATC, CSCS*



Thank You for Choosing Idaho Spine and Sports Physical Therapy!



Trusted Care, Real Results

"The team is consistently amazing, and every visit leaves me feeling better and more confident in my movement."

— J.B.



Experienced Hands, Renewed Confidence

"Getting to know the team has been a wonderful experience. As a professional massage therapist with over 40 years in the field, I now feel confident that I can continue working for another four to five years before retiring. My hands and arms feel significantly better, allowing me to comfortably perform deep tissue work again. The care team is exceptional, and I would highly recommend them to friends, family, and clients."

— H.W.



Regaining Comfort in Everyday Life

"Tendinitis in my left arm made everyday tasks—like fastening a bra or reaching for a seatbelt—painful and difficult. Since starting care here, I can do these activities with much less pain. Every team member was exceptionally kind, creating a welcoming and positive atmosphere. I was always encouraged and never made to feel inadequate. I would confidently recommend Idaho Spine and Sports Physical Therapy to anyone in need of physical therapy."

— P.R.

PROVIDER SPOTLIGHT:



¡Habla español!

Dr. Jason Gramajo, PT

ACCEPTING NEW CLIENTS AT THE FIVE MILE & USTICK LOCATION

Jason is a dedicated physical therapist at Idaho Spine & Sports Physical Therapy who is currently welcoming new patients. He is passionate about helping individuals move better, build strength, and return to the activities they love, whether that means everyday tasks or reaching higher personal goals. Jason believes that meaningful progress comes from patience, consistency, and the right support tailored to each patient.

Outside the clinic, Jason enjoys staying active through weightlifting, relaxing with a good movie, and exploring new foods. He also speaks Spanish, allowing him to better connect with and support a wider range of patients. Jason looks forward to partnering with patients and guiding them every step of the way in their recovery journey.

Ready to Book?

Call your nearest clinic or visit www.spinept.com to schedule today! Stay well and keep moving!

Phone (208) 912-0107 • Fax (208) 939-3341 • Monday - Friday | 7AM - 6PM

Embody Pilates, Yoga, & Fitness

Embody Pilates, Yoga, & Fitness is a Boise-based movement studio committed to inclusive, sustainable fitness that builds strength, confidence, and long-term health. Their approach emphasizes accessible movement that supports real bodies, encourages intelligent training, and promotes longevity without burnout. Embody believes fitness should enhance everyday life, not overwhelm it.



A recent milestone is the launch of **Carved: High Performance Pilates & Strength Training**, a small-group program that blends Pilates precision with progressive strength training to build real, usable strength while supporting joint health and control. Classes are capped at five participants to ensure individualized coaching and sustainable progress. Embody is also expanding its drop-in classes and community offerings, including **AquaFit Revolution**, an outdoor aquatic fitness experience bringing low-impact, high-performance training to pools across the Treasure Valley.



SPECIAL OFFER:

As a thank-you to Idaho Spine & Sports Physical Therapy supporters, Embody is offering **\$5 off one live class of your choice**. Clients can register and sign up for classes at embodyboise.com and use the promo code **SSPT1ST** at checkout to receive \$5 off a single class. This offer is valid through **March 1, 2026**.

Current live class offerings include:

✓ **Carved: High Performance Pilates** – Small-group, Pilates-based strength training focused on building real strength efficiently and intelligently, with classes capped at five participants for individualized coaching.

✓ **Mat Pilates** – A foundational, whole-body class that builds strength, mobility, coordination, and body awareness using bodyweight and props, with classes capped at eight participants for a supportive learning environment.

VALENTINE'S EXERCISE TIP

Partner Wall Sit

Celebrate Valentine's Day with a little movement and connection! This simple partner exercise is a fun way to build strength while supporting each other.

How to do it:

1. Stand with your backs against a wall and feet about hip-width apart.
2. Slowly slide down until your knees are bent at about 90 degrees.
3. Keep your backs flat against the wall and core engaged.
4. Hold for 30–60 seconds while breathing steadily and encouraging each other.
5. To finish, press through your heels and slowly stand back up together.



A great way to strengthen your legs, improve posture, and share a healthy moment together.