

# Clinic News

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**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***

***Hello Friends,***

*The New Year is here—a time for fresh starts, renewed energy, and setting intentions for the months ahead. As we step into this new chapter, it's the perfect opportunity to refocus on your health and well-being. Staying active, managing stress, and keeping your body moving can set the tone for a stronger, healthier year.*



**Bret Adams, PT, MPT, ATC, CSCS**

*Our team is here to support you as you ease back into routines, pursue new fitness goals, and stay pain-free—whether that means returning to work, getting back into exercise, or simply moving more comfortably day to day. Prioritizing your health now can help you build momentum and confidence for the year ahead.*

*Wishing you and your family a happy, healthy, and pain-free New Year. Here's to moving better and feeling stronger in 2026!*

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

## NEWSLETTER BONUS:

Mention this newsletter at your visit and receive complimentary cupping therapy during your evaluation or treatment session. Offer valid through February 14, 2026.

**208-939-0533 • spinept.com**



# CLIENT SPOTLIGHT

208-939-0533 **IDaho SPINE & SPORTS**  
**SpinePT.com PHYSICAL THERAPY**



## Professional Care with a Personal Touch

"Idaho Spine and Sports has been a wonderful experience. The staff members are considerate, professional, and attentive. They addressed every need with a professional yet friendly approach, creating a perfect balance of expertise and warmth."

— C.M.



## Grateful for a Pain-Free Journey

"The team has been amazing! They helped get the job done, and now the pain is gone. I'm truly grateful for their positive attitude and dedication throughout the process."

— C.C.



## Walking Stronger Everyday

"I received clear instructions and effective exercises that helped my leg heal. I'm now walking and feeling much better overall. The physical therapy team was incredibly caring and understanding—I'd gladly recommend them to anyone. I'm moving better than ever!"

— E.R.

# PROVIDER SPOTLIGHT:

## Dr. Henry Liao, PT



Henry is a valued member of the Idaho Spine & Sports Physical Therapy team in Boise. Proud to call Boise home, he completed his physical therapy education in the Philippines—an experience that strongly shaped his patient-centered approach to care.

Outside the clinic, Henry enjoys playing hockey, traveling, and spending time with his cats. With a genuine passion for helping others, he is grateful to grow and serve patients in the warm, supportive environment

at Idaho Spine & Sports Physical Therapy.

Henry is currently accepting new patients at our Five Mile location and provides comprehensive physical therapy care for a wide range of conditions, including orthopedic injuries, post-surgical rehabilitation, and movement-related pain. He is committed to creating individualized treatment plans to help patients restore function, reduce pain, and return to the activities they love.

## Ready to Book?

Call your nearest clinic or visit [www.spinept.com](http://www.spinept.com) to schedule today! Stay well and keep moving!

Phone (208) 939-0533 • Fax (208) 939-3341 • Monday - Friday | 7AM - 6PM

# SMALL BUSINESS SPOTLIGHT:

## Bonfire Chiropractic

Bonfire Chiropractic is dedicated to helping the Treasure Valley achieve optimal health through personalized chiropractic care and whole-body wellness. Their team combines professional expertise with a genuine passion for improving the lives of their patients.

### Meet the Providers:

**James Barker, DC, MS** – Dr. Barker earned his Doctorate in Chiropractic and a Master's in Neuroscience from Parker University in Dallas, TX. Before becoming a chiropractor, he served 12 years as a Captain in the US Army Reserve and pastored churches in Alaska and New Mexico. Outside the clinic, he enjoys exercising, reading, running with his German Shepherd Murphy, and spending time with his wife of 26 years, Tamara.



**Ryan Weed, DC** – Dr. Weed received his Doctorate in Chiropractic from Parker University and a degree in Statistics from Brigham Young University. A lifelong Boise resident, he has been serving the Treasure Valley for 16 years. When not seeing patients, Dr. Weed enjoys sports, board and card games with his wife Bethany, raising their five children, and learning to play the bagpipes.

**Supporting local care, together. Experience comprehensive chiropractic wellness with Bonfire Chiropractic and take the next step toward better movement and health.**

# SAINT ALPHONSUS NETWORK UPDATE:

### Great news!

We're in the process of joining the Saint Alphonsus Health Alliance (SAHA) insurance network.

While our SAHA network status is being finalized, patients can still receive care at Idaho Spine & Sports Physical Therapy. Many patients can still receive out-of-network or with self-pay options. We're in network with all other plans.

Ready to get started or continue treatment? Schedule a physical therapy evaluation with our expert team and receive personalized, one-on-one care focused on reducing pain, restoring movement, and keeping you active.



## Coverage Questions?

Have questions about your coverage? Our billing team is happy to help!

(208) 939-0533 • <https://spinept.com/>

### SPECIAL OFFER for ID Spine & Sports Physical Therapy Patients

As part of our local partnership, Bonfire Chiropractic is offering an **exclusive Whole Body Wellness Package** for just **\$49** (normally \$344) for Idaho Spine & Sports Physical Therapy patients.

Just mention Idaho Spine & Sports Physical Therapy during your visit and let them know you saw Bonfire featured in our newsletter!

Offer valid through the first week of February

#### This Special Package Includes:

- ✓ Consultation
- ✓ Exam
- ✓ X-Rays
- ✓ Doctor's Report of Findings
- ✓ 1-Hour Full Body Massage
- ✓ First Chiropractic Treatment

**1** **MCMILLAN:  
WEST VALLEY**  
12072 W. McMillan Rd  
Boise, ID 83713

**2** **FIVE MILE:  
WEST BOISE**  
3040 N Five Mile Rd  
Boise, ID 83713

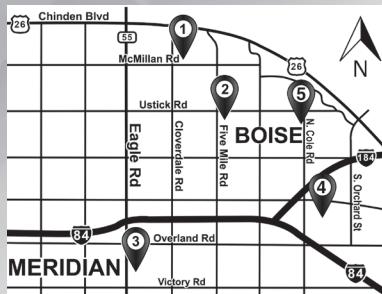
**3** **SILVESTONE:  
SOUTHEAST MERIDIAN**  
2316 S. Eagle Rd  
Meridian, ID 83642

**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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U.S. POSTAGE  
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LANCASTER, PA  
PERMIT NO. 810

**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!

# NEW YEAR BETTER POSTURE:

208-939-0533 **IDaho SPINE & SPORTS**  
**SpinePT.com PHYSICAL THERAPY**

## The Daily Posture Reset

### Why it matters:

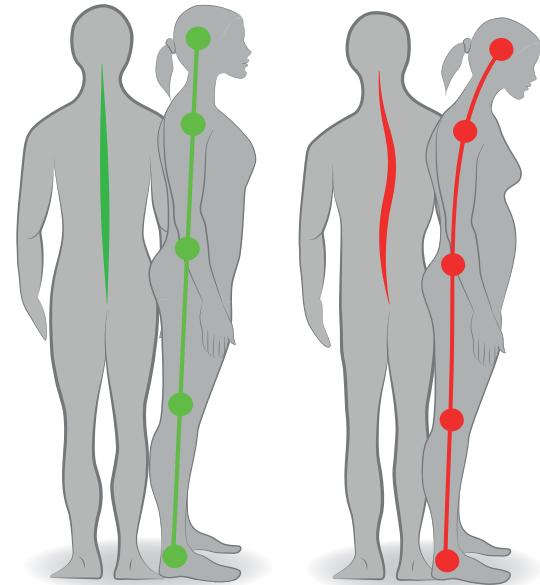
Many people start the new year sitting more—back at work, school, or setting new goals. Poor posture can lead to neck, shoulder, and back pain. This quick exercise helps reset posture and reduce stiffness.

### How to do it:

1. Sit or stand tall with your feet flat on the floor.
2. Gently **pull your shoulders back and down** (as if tucking them into your back pockets).
3. **Tuck your chin slightly**, lengthening the back of your neck.
4. Hold for **5 seconds**, then relax.
5. Repeat **5-10 times**, 2-3 times per day.

### Pro tip:

Do this exercise every time you check your New Year goals or set a reminder on your phone—it only takes 30 seconds!



**correct**

**incorrect**

**Thank You for Choosing Idaho Spine and Sports Physical Therapy!**