

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,

April has arrived, bringing brighter mornings, blooming landscapes, and a renewed sense of energy. With spring in full swing, it's the perfect time to refresh your routines and recommit to the habits that keep you feeling your best.



Bret Adams, PT, MPT, ATC, CSCS

As the weather improves, many of us are spending more time outdoors—walking, gardening, training for spring races, or simply enjoying longer evenings. Increased activity is a great step toward better health, but it can also reveal aches or limitations that may have been hiding during the quieter winter months.

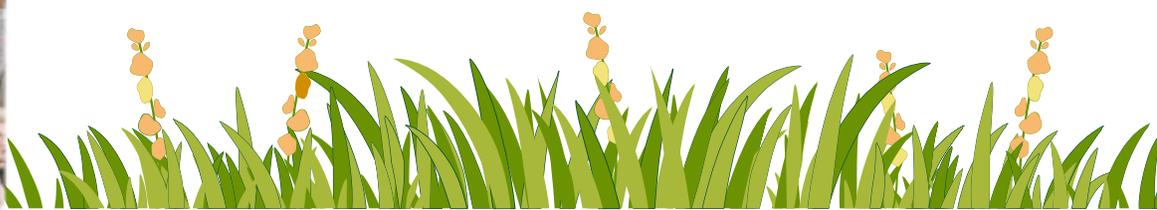
April is also Stress Awareness Month, a meaningful reminder that physical and mental well-being go hand in hand. Movement remains one of the most powerful tools for managing stress, improving sleep, and boosting overall resilience. Taking time to care for your body now can set the tone for a strong and active season ahead.

Whether you're ramping up activity, recovering from an injury, or looking to prevent one, our team is here to support you every step of the way.

Here's to a season of growth, strength, and steady progress this April.

To your health,

Bret Adams, PT, MPT, ATC, CSCS





Stronger with Every Step

"When I first came to Idaho Spine and Sports Physical Therapy, arthritis-related knee pain made it hard to walk long distances. From the start, the ISSPT team welcomed and encouraged me, making me feel like family.

It's bittersweet to finish my journey, but I'm leaving stronger and more confident than when I began."

— A.M.



Back to 100%

Idaho Spine & Sports Physical Therapy helped me return to my normal activities, and I truly can't say enough about how thankful I am. The team supported me every step of the way and made all the difference in my recovery.

I can't believe I'm finally done and feeling 100% better. I'm so excited to be back to my workout routine. Thank you!

— A.C.



More Than Just Physical Therapy

Physical therapy helped me so much, and the team at Idaho Spine & Sports Physical Therapy made the experience even better.

They're fun, welcoming, and always made me feel comfortable. There were plenty of great laughs along the way, and I truly enjoyed every visit.

— A.S.

FOOD DRIVE AT ISSPT

Spring Into Giving: ISSPT Food Drive

This April, Idaho Spine & Sports Physical Therapy is spreading a little extra kindness with our Food Drive for the Local Food Bank! From April 1–30, 2026, we're inviting our community to help us give back and support those in need.

WHAT TO DONATE:

Non-perishable food items such as canned goods, pasta, rice, cereal, and other pantry staples.

WHERE TO DONATE:

Drop off your donations at any of our clinics during clinic hours, **Monday–Friday, 7 a.m. to 5 p.m.**

Let's make this a month of generosity and community spirit! Every donation helps put food on the table for someone in need—so bring a little extra love with you next time you visit.

Thank you for helping us make a difference!

FOOD DRIVE AT ISSPT!

APRIL 1-30 2026



SPRING INTO GIVING

We are hosting a Food Drive for the Local Food Bank! Help Us Give Back to the Community!

- **What to Donate:** Non-perishable food items such as canned goods, pasta, rice, cereal, and other pantry staples
- **Where to Donate:** You can drop off your donations at any of our clinics during clinic hours: Monday-Friday, 7 a.m. to 5 p.m.

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

April 1-30 2026

Idaho Nutrition + Ascend MedSpa

Idaho Nutrition's Registered Dietitians provide **personalized nutrition and lifestyle planning** to help clients improve health, performance, and longevity.

In 2025, we partnered with **Ascend ~ Aesthetics, Weight Loss & Wellness** to offer a broader, integrated suite of wellness services under one roof. Together, we deliver **comprehensive self-care solutions—inside and out—so clients can achieve lasting well-being.**

Whether you're looking to optimize nutrition, manage weight, or enhance overall wellness, our team is here to provide support tailored to your individual goals. Appointments are available **in-person or virtually** for added convenience.



SPECIAL OFFER: Free Styku Body Composition Test

This April, anyone mentioning our newsletter can receive a **FREE Styku Body Composition Analysis (a \$29 value)!**

Our Ascend Weight Health Plans include:

- **Expert Care:** Managed by our Nurse Practitioner & Dietitian.
- **Custom Support:** GLP-1 guides, supplements, and lifestyle plans.
- **Data-Driven:** Professional body composition testing.

4 Flexible Plans Available (with or without medication). Financing options available.

Take the first step toward your wellness journey this April!

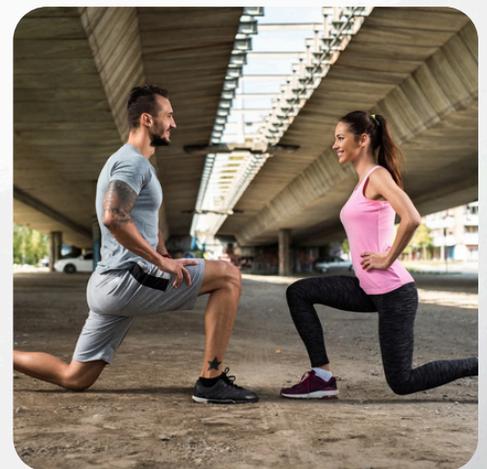
SPRING TIP EXERCISE

Spring into Motion: The Outdoor Lunge

As the weather warms up, it's time to take your movement outside. The forward lunge is a foundational exercise that builds balance, strengthens your legs, and prepares your body for all those spring activities like hiking or yard work.

How to do it:

1. **Stand Tall:** Find a flat patch of grass or a sidewalk. Keep your chest up and your hands on your hips.
2. **The Step:** Take a big step forward with one leg.
3. **The Lower:** Drop your back knee toward the ground until both legs form a 90-degree angle. Keep your front knee directly over your ankle.
4. **The Push:** Powerfully push off your front foot to return to the starting position.
5. **Switch:** Repeat with the other leg.



The Spring Challenge:

Try 3 sets of 10 reps per leg during your next walk in the park. The fresh air and the extra Vitamin D will give you an instant energy boost!