

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,

As we welcome May, we're excited to step into a season focused on movement, care, and connection. With brighter days ahead, it's the perfect time to prioritize your health and continue building strength in your everyday life.



Bret Adams, PT, MPT, ATC, CSCS

This month, we have a lot in store for you here at the clinic. From helpful tips on injury prevention and recovery to updates on how we can better support your physical therapy journey, we're committed to keeping you informed and empowered every step of the way. Whether you're working toward recovery, improving mobility, or maintaining an active lifestyle, we're here for you.

With Mother's Day just around the corner, we also want to celebrate all the incredible moms and mother figures in our lives. Caring for others often comes naturally to them, but this month is a great reminder to also care for their own health and well-being. Whether it's easing everyday aches, improving posture, or simply making time for movement, we're here to support every step.

Thank you for trusting us with your care. We're grateful to be part of your journey toward better movement and a healthier life.

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





Stronger than Before

"When I first started at Idaho Spine & Sports Physical Therapy, I could barely bend or lift anything. Over time, my pain went away and I felt my back getting stronger. The team was supportive, educated, and knowledgeable, and they kept me motivated throughout my recovery. Because of Idaho Spine & Sports Physical Therapy, I'm able to enjoy everything I used to do again."

— J.V.



Excellent Care & Supportive Team

"Professional care that was excellent. The staff was always willing to discuss treatment options and answer any questions I had. They created a supportive and welcoming environment, and their expertise really showed throughout my recovery. They did a great job!"

— T.R.



Back on my Feet Again

"I started with no ankle or calf strength, still in a boot and unable to walk. At Idaho Spine & Sports Physical Therapy, the team helped me regain strength step by step while keeping me motivated. Their fun, professional approach made even tough sessions something to look forward to. Now my Achilles and calf are nearly 100%. The exercises were creative and challenging. I highly recommend them."

— J.C.

COMMUNITY SPOTLIGHT

Celebrating Community & Confidence with Girl Scouts of Silver Sage

Idaho Spine & Sports Physical Therapy is proud to support the Girl Scouts of Silver Sage, an organization dedicated to helping girls grow into leaders of tomorrow through engaging programs and community experiences.

We are excited to join them for their Community Bloom event:

When: Saturday, May 9 | 10:00 AM – 2:00 PM

Where: Friendship Square – 610 Reserve St, Boise, ID 83702



This event celebrates family, wellness, and community connection. Attendees can enjoy fresh air, fun activities, and opportunities to learn about wellness, movement, and healthy living. We anticipate over 250 attendees and will be hosting a wellness clinic and pop-up booth to support the community. **We invite you to join us for this exciting day.** Come meet local families, discover healthy habits, and celebrate all the ways girls can thrive.

We look forward to connecting with local families, promoting healthy habits, and celebrating the many ways girls can thrive.

Selah Massage Studio



Selah Massage Studio offers simple, effective, clinical-quality massage tailored to your body's needs. Each session is customized in real time, with the right pressure for how you're feeling that day—whether to relax, reset, or release deeper tension.

This quiet, low-key space allows you to pause and recharge. Treatments include therapeutic massage, prenatal massage, lymphatic drainage, and craniosacral therapy, all designed to support your body's natural healing and overall wellness.

SPECIAL OFFER:

\$20 Off Your First Massage

This May, for **clients and staff of ISSPT**, enjoy **\$20 off your first massage at Selah Massage Studio!** Book your appointment today using the QR code. Offer valid through the end of the year.



MOTHER'S DAY SPECIAL:

Selah Massage Studio is also launching its **Mother's Day promotion from April 1 to May 31.** Enjoy **20% off gift certificate purchases**—a perfect way to give the gift of relaxation and wellness. Scan the QR code for more details.



Wellness with Melissa

Melissa is a virtual personal trainer and functional wellness coach who provides personalized wellness solutions to help patients maintain and extend the benefits of their physical therapy. She focuses on simple, sustainable strategies to improve strength, flexibility, and overall health—all from the convenience of your own home.

Melissa offers two exclusive wellness packages for Idaho Spine & Sports Physical Therapy clients:

Wellness Package 1

- 2 (30-minute) nutrition coaching sessions
- 8 (30-minute) virtual personal training sessions
- 8 weekly accountability emails
- Digital Wellness Toolkit
- Market Value: \$500 | Exclusive Rate: \$400

Wellness Package 2

- 8 (30-minute) virtual personal training sessions
- Digital Wellness Toolkit
- Market Value: \$360 | Exclusive Rate: \$280

MOTHER'S DAY SPECIAL:

Melissa is offering a **special Mother's Day package** to support movement, strength, and wellness from the comfort of home:

- Access to her Midday Stretch and Strength virtual class
- Digital Wellness Toolkit
- Eight 30-minute virtual personal training sessions for \$280 (valued at \$360)

Scan here for more information or email:
carpenterwellness2024@gmail.com



Whether it's reducing tension, improving mobility, or building strength, these services are designed to complement your physical therapy journey and help you move better every day.

MOTHER'S DAY WELLNESS WITH ISSPT

A Gift for Mom!

This Mother's Day, skip the flowers and give Mom the gift of moving and feeling her best! We are excited to offer a **complimentary movement and posture assessment** to help the moms in our community address nagging tension, improve alignment, and stay active.

To claim this special offer, **call us or fill out the "Request an Appointment" form online**. You can also scan the QR code below for more details on how to get started!



You must mention **"Mother's Day Offer"** when calling or booking online to receive your complimentary session.

Did You Know?

Moms often spend hours lifting, bending, and carrying—whether it's kids, groceries, or household chores. These daily movements can strain the back and shoulders if not done mindfully.

Quick Tip: When lifting your little ones, bend at your knees, keep your back straight, and hold them close to your body. Small adjustments like these can protect your spine and keep you strong for all the daily joys—and lifts—of motherhood!



COLLABORATION HIGHLIGHT

New Season, No Excuses: Summer Shape-Up is Here!

We are thrilled to join forces with our friends at **Ignited Fitness** to help you level up your recovery just in time for the heat! Founders Jamie and Lee Engelking have built a powerhouse Boise community by blending high-intensity kickboxing with sustainable strength training. Now, we're adding a clinical edge to their signature **"Summer Shape-Up Transformation"** series with a specialized mobility masterclass.

Performance is about more than just how hard you can hit; it's about how well your body recovers. Coach Jamie Engelking brings over 15 years of experience to the table, and during this session, we will focus on unlocking your range of motion and protecting your joints. We'll spend the hour diving into mobility modalities, followed by a dedicated Q&A to troubleshoot your specific "sticky spots."



DETAILS:

- **When:** May 23, 2026 at 12:00 noon
- **Where:** 7940 W Rifleman St., Suite 100, Boise, ID 83704
- **What to Bring:** Your foam roller and any "mystery" stretching tools you have in your gym bag

SCAN TO JOIN:



Early Bird Perk:

Sign up by May 1st for \$199 with code: **EARLYBIRD** (Price increases to \$229 after May 1st).

Transformation Package:

TRAINING & GEAR

Unlimited Kickboxing + Strength Classes and your own set of Boxing Gloves.

RECOVERY & HEALTH

Specialized Mobility Class, Nutrition Workshops, and two Styku 3D Body Scans.

COMMUNITY PERKS

Weekend events, a tracker card for accountability, and a commemorative challenge shirt.

GRAND PRIZE

A chance to win the "Summer Fun Package" drawing!