

Clinic News

INSIDE THIS ISSUE

Message From Our Founder

Meet Our New Provider

Client Testimonials

Community Event Spotlight

Father's Day Feature
& Coming Soon ...

**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 move into June, we're stepping into a season that naturally brings more activity, more time outdoors, and more opportunities to move your body. It's the perfect time to stay consistent with your health, prioritize recovery, and keep building strength for the things you love most.

At Idaho Spine & Sports Physical Therapy, our focus remains the same: providing thoughtful, individualized care that helps you recover fully, move confidently, and stay active long after treatment ends. Whether you're returning to sport, managing pain, or simply wanting to move better day to day, we're here to support your journey.

June also allows us to celebrate Father's Day. We want to recognize all the dads and father figures in our community for the strength, support, and steady presence they bring to those around them. We appreciate you.

To celebrate, we've partnered with Ignited Fitness to create a Father's Day Wellness Package focused on strength, mobility, and recovery. It's a meaningful way to support the dads in your life with something that lasts far beyond a single day.

We're also excited to welcome a new provider to our team this month as we continue expanding the ways we serve our patients and community.



Bret Adams, PT, MPT, ATC, CSCS

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



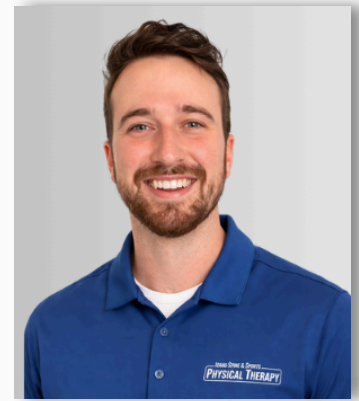
📣 Now Accepting New Patients at Our Cole Rd/ Ustick Rd Location!

We are excited to welcome Kaiden Miller to the team.

Kaiden is an Occupational Therapist. He specializes in Upper Extremity and is a Neuro Specialist. With experience in both outpatient and inpatient rehabilitation, he is focused on restoring function, improving independence, and helping patients return to the activities that matter most.

Originally from California, Kaiden spent the last five years in Tennessee gaining both clinical experience and a strong foundation in patient-centered care. He is passionate about building meaningful relationships with his patients and creating treatment plans that are individualized, practical, and focused on real-life function.

Kaiden works closely with physical therapists and physicians to ensure a seamless, team-based approach to recovery—bridging the gap between restoring movement and returning to daily activities. He has experience treating a wide range of orthopedic and neurological conditions in both outpatient and inpatient settings.



Kaiden Miller, OTR/L

Kaiden will be seeing patients at our Cole location:

📍 WEST BENCH

2915 N Cole Rd, Suite 101
Boise, ID 83704

Specialties include:

- Upper extremity injuries
- Stroke recovery
- Traumatic brain injury
- Vestibular disorders
- Chronic pain

📞 Call/ Text 208-912-0107 or
Scan the QR code to schedule



✓ No referral required in most cases

Whether you are recovering from injury, managing pain, or working to improve movement and performance, our team is here to help you get started.

CLIENT TESTIMONIES:

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



Stronger than Before

"Before Idaho Spine & Sports PT, I had significant pain, numbness, and difficulty walking. From my first visit, I began improving and now my symptoms are gone and my confidence is back. The staff is professional, caring, and truly makes the process enjoyable."

— J.K.



Excellent Care & Supportive Team

"I had extreme difficulty standing, sitting, and walking before starting care at Idaho Spine & Sports. Since beginning treatment, my improvement has been incredible. The staff is friendly, knowledgeable, and truly a joy to work with. If you're dealing with back, shoulder, or neck pain, this is the place to go."

— M.O.



Back on my Feet Again

"I have had to come in twice now, and both times you have helped change my life for the better! Thanks to Idaho Spine and Sports Physical Therapy, I can start enjoying life again!"

— B.L.

COMMUNITY SPOTLIGHT

Proud Sponsor: The Big Little Dill Pickleball Tournament 🏓

Open to the public, spectators welcome!



Presented by Big Brothers Big Sisters of Idaho

The Big Little Dill 2026

Register today:



Join us for the third annual Big Little Dill pickleball tournament! Whether you're playing for fun, playing to win, or cheering on a team, your support makes a big difference. Let's serve up bright futures for Idaho youth!

This community event brings people together through movement, friendly competition, and connection—values we are proud to support.

Stop by to say hello, connect with our team, and learn more about how we help active individuals stay strong, recover faster, and perform better. Whether you're playing or cheering from the sidelines, we'd love to see you there.

We're excited to sponsor the Big Little Dill Pickleball Tournament this month!

When: Saturday, June 6 | 8:00 AM – 3:00 PM

Where: S2 Pickleball, 3615 S. Federal Way, Boise, ID 83705

We're proud to partner with organizations that promote health, activity, and community engagement.

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

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

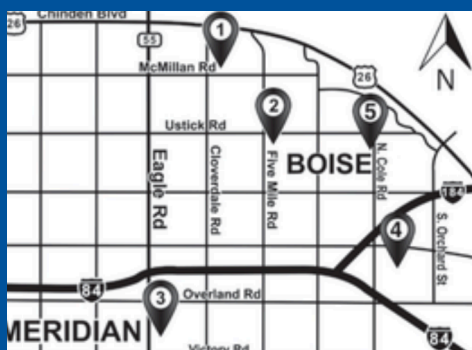
3 **SILVERSTONE:
SOUTHEAST MERIDIAN**
2316 S. Eagle Rd
Meridian, ID 83642

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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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
 - Low Back Pain
 - Neck Pain
 - Plantar Fasciitis
 - PRP/Stem Cell Rehabilitation
 - Tendonitis
- & More!



FATHER'S DAY SPECIAL:

Father's Day – June 21 | Book your assessment before it fills

Men's Health Month | Prevention • Strength • Longevity

In partnership with **Ignited Fitness**

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

Complimentary
Strength & Movement assessment



Call/ Text 208-912-0107 or scan the QR code to schedule.
Please mention "Father's Day Special" when booking.



IGNITED FITNESS
KICKBOXING | FITNESS | WELLNESS

One Week Free Training at
Ignited Fitness Kickboxing



Scan to claim **one week free** at
Ignited Fitness.

*This Father's Day, skip the traditional gifts and give something that truly lasts—
better movement, less pain, and the freedom to stay active.*