



N E W S L E T T E R



Get The Most Out of Summer Vacation

Physical Therapy Is
Worth Your Time,
Even In The Summer

Physical Therapy
Has Been Shown
To Help

ASTYM
Service Spotlight

GET THE MOST OUT OF SUMMER VACATION



COME BACK TO PHYSICAL THERAPY: CALL AND SCHEDULE YOUR APPOINTMENT TODAY!

Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to.

At Rebound Physical Therapy, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer! Too often, the trend for many

patients is to opt out of their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury.

One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer

months – so you can enjoy the warm weather without pain!

At Rebound Physical Therapy, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions! Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

PHYSICAL THERAPY IS WORTH YOUR TIME, EVEN IN THE SUMMER

When it comes to physical therapy, you'll see benefits if you put in the time and the work. Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of surgery, opioids, or unnecessary testing. If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries. Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life. Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic.

Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being.

If you have been attending physical therapy, there are two primary reasons to stop.

- 1. You've reached your goals:** Once you and your therapist are satisfied with your success, it's time to move on.
- 2. You're not seeing progress:** It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.



Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

Physical therapy is important, no matter the time of year!

Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries.

The individualized manual therapy and consistent exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted ailments and injuries.

Meridian
1-208-742-4023

Boise
1-208-273-8950



OUR SERVICES

- **ASTYM**
- Custom Orthotics
- Electrical Stimulation
- Ergonomic Training
- Functional Manual Reaction
- Functional Training/ AFS
- Manual Therapy
- Myofascial Release
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy

ASTYM

SERVICE SPOTLIGHT



Astym® treatment is the regenerative medicine of therapy and is designed to restore soft tissues at a cellular level. It regenerates healthy soft tissues (muscles, tendons, etc.), and removes unwanted scar tissue that may be causing pain or movement restrictions.

Astym® therapy has helped countless people by restoring their movement, getting rid of their pain, and giving them back their lives.

Astym® therapy works quickly: A typical course of treatment lasts only four to six weeks (8-10 visits).

You get to stay active: During Astym® therapy you are actually encouraged to continue normal activities. You can still go to work and stay in your sport or favorite activity without having to take time off from your life while you recover.

REBOUNDPTIDAHO.COM

PHYSICAL THERAPY HAS BEEN SHOWN TO HELP

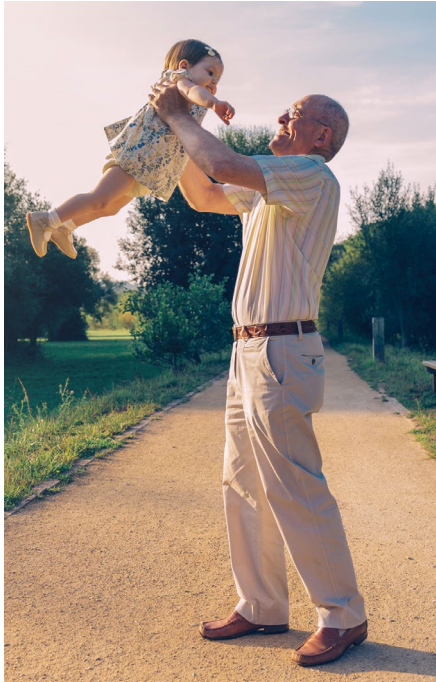
- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Improve balance and coordination
- Reduce the risk of falls
- Avoid surgery

Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.


Get started today

Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need! Contact Rebound Physical Therapy today to schedule an appointment.

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492> • <https://academic.oup.com/ptj/article/90/7/1014/2737793>



PATIENT SUCCESS SPOTLIGHT

 He takes a unique and personalized approach."

"I have a T10 spinal cord injury and as a result have seen countless physical therapists and Steve is by and far been the most effective at relieving chronic pain. He takes a unique and personalized approach that is totally different than any other therapist I've seen. Highly recommend!" - B.F.

Ready to take your
health to the next
level?

CALL US
TODAY!

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