

ASCEND PHYSICAL THERAPY FALL NEWSLETTER

Fall is nearly here in the Treasure Valley!

The mornings are getting cooler, the leaves are changing, and another busy Idaho summer is giving way to a new season. Whether you're wrapping up your fall race calendar, getting ready for ski and snowboard season, spending weekends on the trails, or simply trying to stay active as the days get shorter, October is a great time to check in with your body and make sure it's ready for whatever comes next.

At Ascend, we believe staying active shouldn't mean ignoring the aches, pains, or limitations that keep you from doing the things you love. A little attention now can help you head into the colder months feeling stronger, moving better, and more confident in what your body can do.

There's plenty happening around Ascend this fall, too! Our Boise and Meridian teams are staying busy in the clinics and out in the community, and we're excited to share some of what we've been up to, along with helpful tips and resources from our PTs.

So grab your coffee (or your first pumpkin-flavored drink of the season), settle in, and see what's happening at Ascend.

RECENT NEWS

MEET THE TEAM: TYLER ZACHER PHYSICAL THERAPIST & MERIDIAN CLINIC DIRECTOR



Hi everyone! I'm Tyler, PT and Clinic Director for our Meridian location.

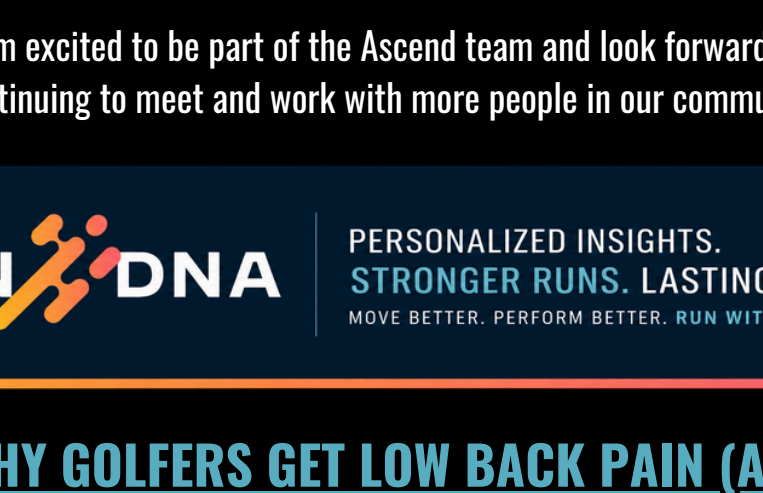
I grew up in North Dakota and attended the University of Mary in Bismarck, where I earned both my Bachelor of Science in Exercise Science and my Doctor of Physical Therapy degree. While I was there, I also competed on the track & field team as a long jumper and triple jumper.

Being a collegiate athlete was a big part of my experience and gave me firsthand insight into the work, patience, and resilience that go into training, recovery, and getting back to what you love.

That experience has carried over into the way I approach physical therapy. I especially enjoy working with athletes and active individuals, whether they're trying to return to their sport, get back to work, or simply move and feel better in everyday life.

I'm certified in the Mulligan Concept, Mechanical Diagnosis and Therapy (McKenzie Method), and dry needling. I like being able to pull from different treatment approaches and combine them with movement, exercise, and education to create a plan that fits each individual rather than taking a one-size-fits-all approach.

Outside of the clinic, I love spending time with my family, staying active, and getting outdoors whenever I can. I'm also always up for a little friendly competition!

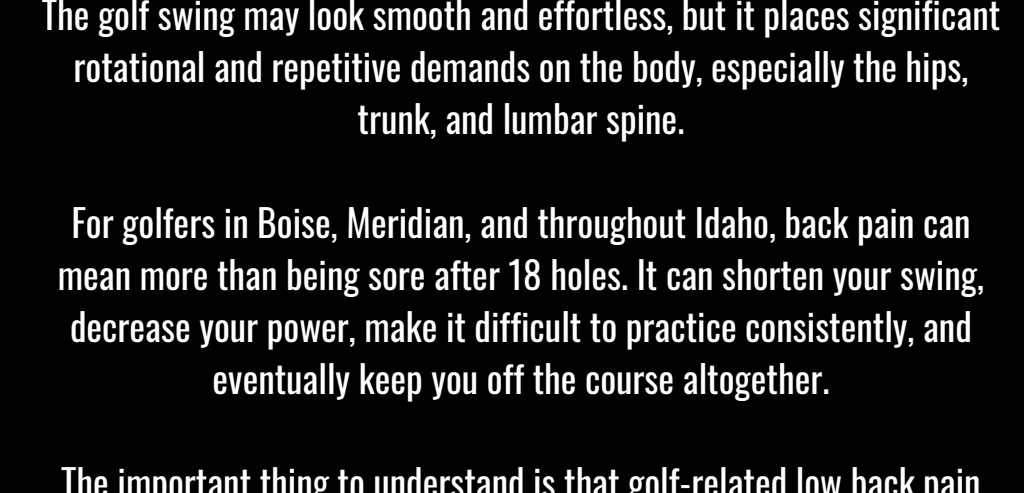


I'm excited to be part of the Ascend team and look forward to continuing to meet and work with more people in our community!

RUNDNA

PERSONALIZED INSIGHTS.
STRONGER RUNS. LASTING RESULTS.
MOVE BETTER. PERFORM BETTER. RUN WITH CONFIDENCE.

WHY GOLFERS GET LOW BACK PAIN (AND HOW PHYSICAL THERAPY CAN HELP)



Why Golfers Get Low Back Pain (And How to Fix It)

COMMON SWING MECHANICS.
REAL SOLUTIONS.
A STRONGER GAME AHEAD.

If your low back hurts after golfing, you're not alone.

The golf swing may look smooth and effortless, but it places significant rotational and repetitive demands on the body, especially the hips, trunk, and lumbar spine.

For golfers in Boise, Meridian, and throughout Idaho, back pain can mean more than being sore after 18 holes. It can shorten your swing, decrease your power, make it difficult to practice consistently, and eventually keep you off the course altogether.

The important thing to understand is that golf-related low back pain isn't always caused by a problem in the low back itself.

[CLICK TO READ THE BLOG](#)

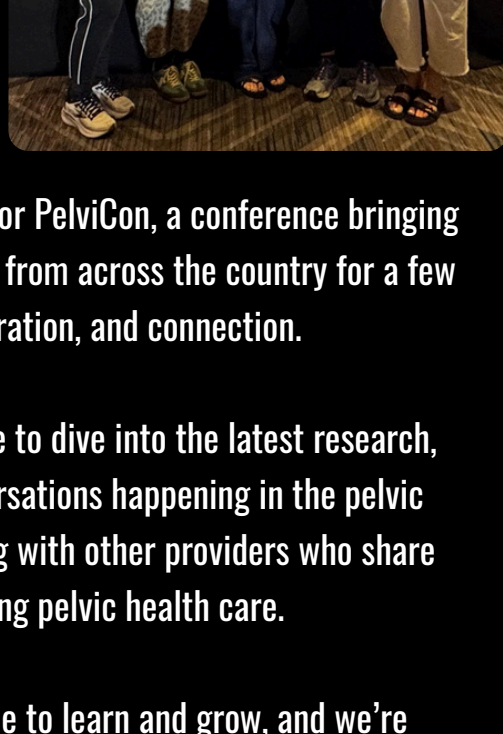
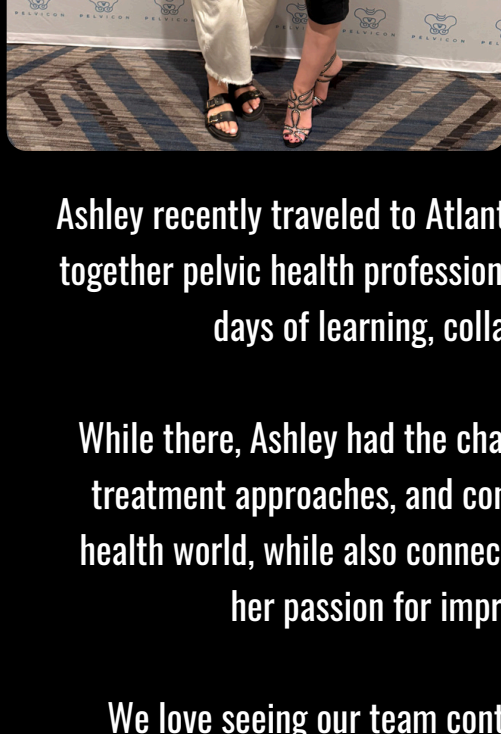


PELVIC FLOOR THERAPY
for Men and Women



PELVIC FLOOR PHYSICAL THERAPY
IS OFFERED AT BOTH OUR
BOISE AND MERIDIAN LOCATIONS.

ASHLEY TAKES ON PELVICON!



Ashley recently traveled to Atlanta for PelviCon, a conference bringing together pelvic health professionals from across the country for a few days of learning, collaboration, and connection.

While there, Ashley had the chance to dive into the latest research, treatment approaches, and conversations happening in the pelvic health world, while also connecting with other providers who share her passion for improving pelvic health care.

We love seeing our team continue to learn and grow, and we're excited for Ashley to bring some of that new knowledge and fresh perspective back to our patients and the rest of the Ascend team!



CATCH US AT THE YMCA HALLOWEEN RUN!

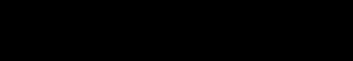
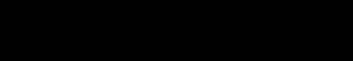
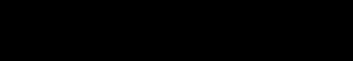


We're excited to join the fun at the YMCA Halloween Run on October 24 at Ann Morrison Park! Whether you're taking on the Half Marathon, Freaky 5K, or Monster Mile, stop by and say hi to the Ascend team before or after your race.

Come dressed to run (or haunt) in your best costumes, neon, glow sticks, and lights. Stick around afterward for the Micron Trunk or Treat!

We'll see you at the finish line!

RECENT POSTS



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Ascend Physical Therapy Boise
671 East Riverpark Lane, Suite 150,
Boise, Idaho 83706
(208) 912-6981

ascendptidaho.com

Ascend Physical Therapy Meridian
1940 S Bonito Way, Ste 170
Meridian, ID 83642
(208) 912-6615