

# ASCEND PHYSICAL THERAPY FEBRUARY NEWSLETTER

February may be the shortest month of the year, but it's often when motivation starts to dip, and winter stiffness really sets in.

We see it every year here in Boise—ski legs feeling the miles, runners itching to get back outside, and weekend warriors realizing their “off-season” wasn't quite as restful as planned. As the days slowly get longer and the promise of spring starts to show up on the horizon, now is the perfect time to reset your movement, rebuild strength, and address those nagging aches before activity ramps up.

Spring in the Treasure Valley means races, hikes, golf rounds, pickleball leagues, and more time outside. Whether you're training for an upcoming event, returning to running, or just ready to move better and feel stronger, our team is here to help you transition seasons the right way. Let's get ahead of injury so you can spring into the warmer months feeling confident and ready to move.

## RECENT NEWS

### INTRODUCING JENNA, OUR NEWEST PHYSICAL THERAPIST

We're excited to introduce the newest member of the Ascend Physical Therapy team!

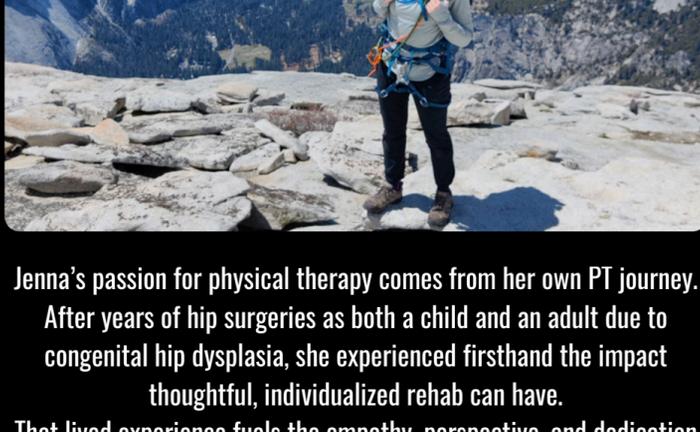
With an undergraduate degree from CU Boulder and a Doctor of Physical Therapy from California State University, Sacramento, Jenna Bradford, DPT, brings a strong clinical foundation and a deep love for helping people move better and feel stronger.



Jenna is an outdoor adventurer. From trail running and skiing to hiking and climbing, if it's outdoors, she's probably in.

She's also advanced scuba certified, once lived in a camper for a year while traveling the west, and enjoys bird watching—though she'll be the first to admit she's not very good at it.

When not on the trails, you can find her reading, drinking too much coffee, playing games with friends, or spending time with her husband, baby, and golden retriever.



Jenna's passion for physical therapy comes from her own PT journey. After years of hip surgeries as both a child and an adult due to congenital hip dysplasia, she experienced firsthand the impact thoughtful, individualized rehab can have. That lived experience fuels the empathy, perspective, and dedication she brings to each of her patients.

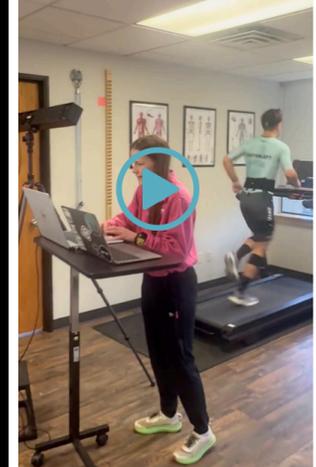
We're thrilled to have Jenna on the team and can't wait for you to meet her!

## RUN DNA: NEXT-LEVEL RUNNING ASSESSMENT



We're excited to bring you cutting-edge running analysis with RunDNA, an advanced 3D motion assessment that helps you understand exactly how your body moves when you run.

Using high-precision motion capture technology, RunDNA records your gait in three dimensions and gives us objective data on stride, cadence, joint angles, and more—so we can pinpoint movement patterns that might be holding you back or increasing your risk of injury.



A Doctor of Physical Therapy reviews your results and provides immediate feedback and a personalized plan designed to improve efficiency, enhance performance, and reduce your injury risk as you ramp up your spring training.

Whether you're aiming for a new PR, returning from time off, or just want to run better and stronger, RunDNA gives you actionable insights you can't get from standard visual assessment alone.

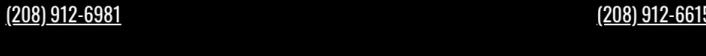
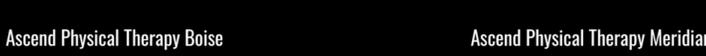
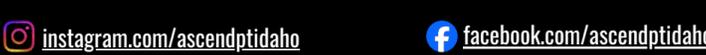
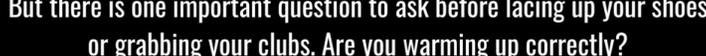
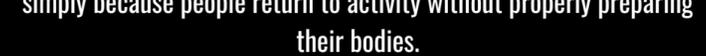
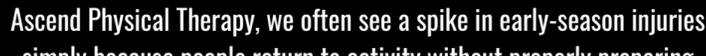
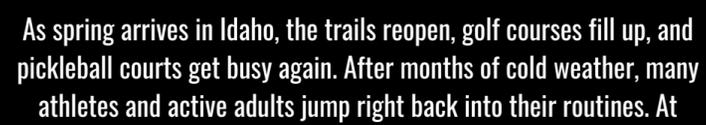
[Ready to get started?](#)

Appointments at our Boise clinic are filling quickly as we head into spring training season. Call us or book online today to reserve your spot and take the first step toward moving—and running—better.

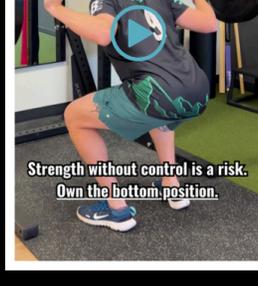
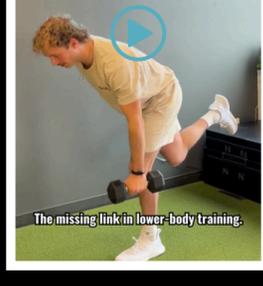
### ARE YOU WARMING UP WRONG?

## How to Prep for Optimal Performance this Spring

[READ MORE](#)



## RECENT POSTS



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