

ASCEND PHYSICAL THERAPY SUMMER NEWSLETTER

Summer has officially settled into the Treasure Valley, and for many of us, that means spending as much time as possible outside.

Whether you're logging early morning runs before the heat sets in, heading into the mountains for the weekend, chasing kids around the backyard, or squeezing in a round of golf after work, this season has a way of keeping us moving.

With all that activity, it's easy to ignore the little aches and stiffness that creep in along the way, but they often have a way of becoming bigger problems if left unchecked.

A little attention to how your body is moving now can go a long way toward helping you stay active, avoid setbacks, and continue enjoying everything that makes summer in Idaho so special.

Here's to making the most of the long days, warm evenings, and every adventure still to come.

RECENT NEWS

MEET THE TEAM: OLIVIA JACKSON CLINIC OPERATIONS COORDINATOR



Hi everyone!

My name is Olivia Jackson, and I'm one of the newest additions to the Ascend Physical Therapy team.

I'm originally from Richland, Washington, but I made my way to Boise State University, where I earned a Bachelor of Science in Health Sciences with a minor in Health Data Management.

During my time at Boise State, I was actively involved in the Alpha Xi Delta sorority and the Honors College, where I built lifelong friendships, developed strong leadership skills, and grew both personally and professionally through a variety of academic and community experiences.



Outside of work, you'll usually find me in a spin class, checking out a new coffee shop around the Treasure Valley, or planning my next adventure.

I love exploring new places, finding hidden local gems, and mapping out upcoming trips.

At the top of my travel bucket list is New York City, where I'm excited to live out my big-city dreams!

One fun fact about me is that I can't stand complete silence.

I always have music, a podcast, or some kind of background noise playing... even when I sleep!



I'm so excited to be part of the Ascend family and can't wait to get to know all of our amazing patients and community!

RUN DNA

PERSONALIZED INSIGHTS.
STRONGER RUNS. LASTING RESULTS.

MOVE BETTER. PERFORM BETTER. RUN WITH CONFIDENCE.

FEATURED BLOG: RUN WITH CONFIDENCE

5 TIPS TO REDUCE LEAKAGE WHILE RUNNING



Pelvic floor strategies to help you run with confidence.



Running should leave you feeling strong, not worried about leakage.

If you've ever leaked a little during a run, know this:

you're far from alone.

Stress urinary incontinence (SUI) affects many runners, especially postpartum athletes, men and women returning to exercise, and even experienced runners who have never been pregnant.

The good news? Leakage while running is often treatable. It isn't something you simply have to "live with."

[CLICK TO READ THE BLOG](#)

By addressing running mechanics, strength, breathing, and training progression, many runners can significantly reduce—or even eliminate—symptoms and get back to enjoying every mile.

Here's five evidence-based strategies to help you run with confidence.



PELVIC FLOOR THERAPY

for Men and Women



PELVIC FLOOR PHYSICAL THERAPY IS OFFERED AT BOTH OUR

BOISE AND MERIDIAN LOCATIONS.

SEE YOU AT THE BOGUS BASIN HILL CLIMB!

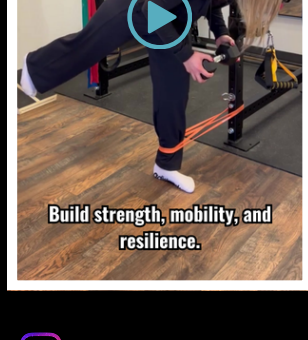


We're excited to be back at the climb this Sunday, July 12!

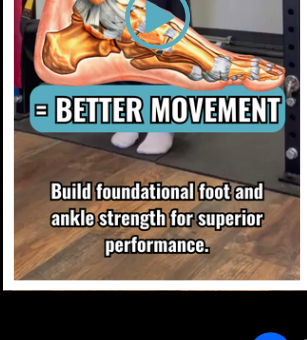
Whether you're taking on the legendary 18.5-mile climb to Bogus Basin or cheering from the sidelines, be sure to stop by the Ascend recovery trailer after your ride. We'll have our Hyperice Normatec compression boots, recovery tools, comfortable recliners, and our team of physical therapists ready to help you recover, answer questions, and keep you feeling your best.

We love being part of events that celebrate the incredible outdoor community here in Boise, and we can't wait to cheer you on as you conquer one of the Treasure Valley's most iconic rides. Stop by, say hello, and let us help you recover stronger!

RECENT POSTS

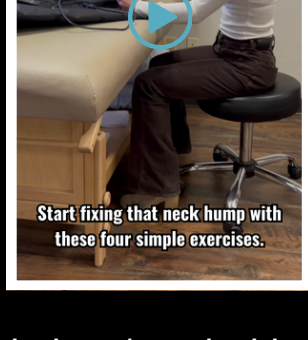


Build strength, mobility, and resilience.



BETTER MOVEMENT

Build foundational foot and ankle strength for superior performance.



Start fixing that neck hump with these four simple exercises.

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