

# ASCEND PHYSICAL THERAPY SPRING NEWSLETTER

After our unusual winter, something feels extra special about this Spring in the Treasure Valley.

The trails are calling again, bikes are coming out of the garage, running shoes are finding their way back to the front door, and weekends are slowly filling with hikes, games, races, yard projects, and evenings spent outside with family and friends.

Spring is a chance to reset, build momentum, and prepare your body for all the adventures this season has to offer. It has a way of getting us all outside and moving again, and we love that.

With more miles, more movement, and more weekend adventures, Spring also asks more from our bodies. Whether you're returning to running, prepping for a backpacking trip, or tackling projects at home, Ascend Physical Therapy is here to help you move with strength, mobility, and confidence all season long.

Here's to sunshine, fresh air, and getting back outside!

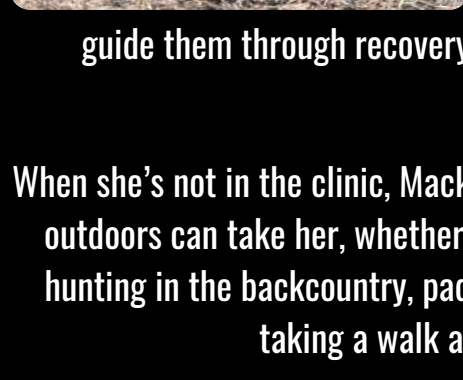
## RECENT NEWS

### MEET THE TEAM: MACKENZIE KIRKPATRICK, PT, DPT

If there's sunshine in the forecast and an excuse to be outside, chances are you'll find Mackenzie Kirkpatrick right in the middle of it.

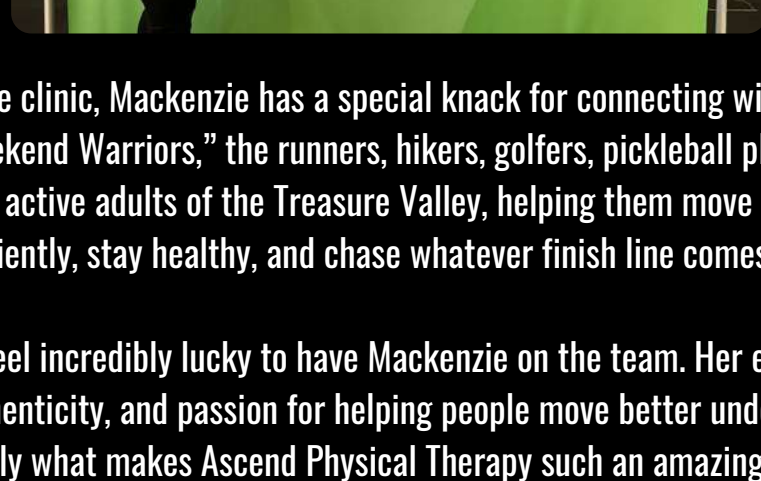


A proud Idaho native, Mackenzie earned her Doctor of Physical Therapy degree from Idaho State University in 2025, bringing with her a lifelong passion for movement, performance, and helping others stay active.



Mackenzie played soccer from elementary school through college, and that competitive background still shapes the way she approaches patient care today. Years of navigating the highs, lows, challenges, and demands of athletics give her a unique ability to connect with active patients and guide them through recovery with confidence, understanding, and perspective.

When she's not in the clinic, Mackenzie is happiest anywhere the Idaho outdoors can take her, whether that means hiking mountain trails, hunting in the backcountry, paddleboarding, enjoying lake days, or taking a walk along the Greenbelt.

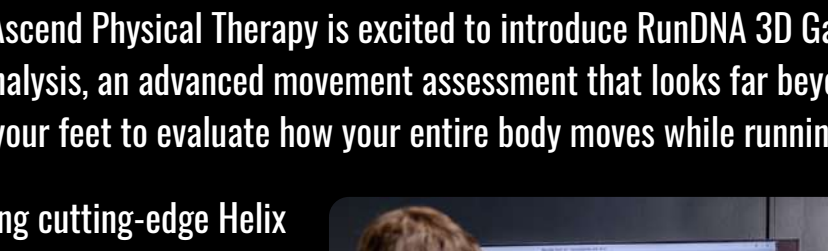


In the clinic, Mackenzie has a special knack for connecting with our "Weekend Warriors," the runners, hikers, golfers, pickleball players, and active adults of the Treasure Valley, helping them move more efficiently, stay healthy, and chase whatever finish line comes next.

We feel incredibly lucky to have Mackenzie on the team. Her energy, authenticity, and passion for helping people move better underline exactly what makes Ascend Physical Therapy such an amazing place.

Be sure to say hi when you see Mackenzie around the Meridian clinic!

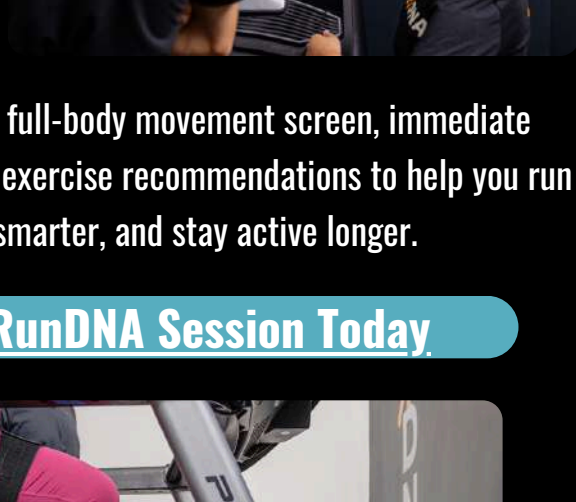
## RUN SMARTER WITH THE NEW RUNDNA 3D GAIT ANALYSIS



Whether you're training for your next race, trying to stay ahead of injuries, or simply looking to move more efficiently, understanding how you run can make all the difference.

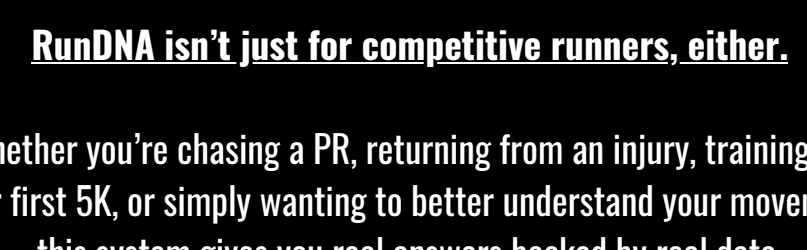
Ascend Physical Therapy is excited to introduce RunDNA 3D Gait Analysis, an advanced movement assessment that looks far beyond your feet to evaluate how your entire body moves while running.

Using cutting-edge Helix 3D motion capture technology, our team analyzes key metrics like stride mechanics, cadence, joint movement, and overall running efficiency in real time.



We pair that data with a full-body movement screen, immediate feedback, and personalized exercise recommendations to help you run stronger, move smarter, and stay active longer.

### Book Your RunDNA Session Today



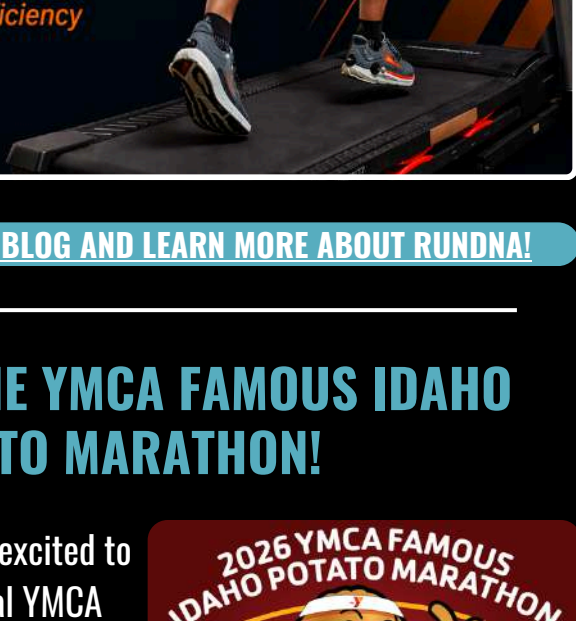
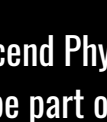
**RunDNA isn't just for competitive runners, either.**

Whether you're chasing a PR, returning from an injury, training for your first 5K, or simply wanting to better understand your movement, this system gives you real answers backed by real data.

Curious how it works and what it could reveal about your running?

### Understanding RunDNA's Running Gait Analysis

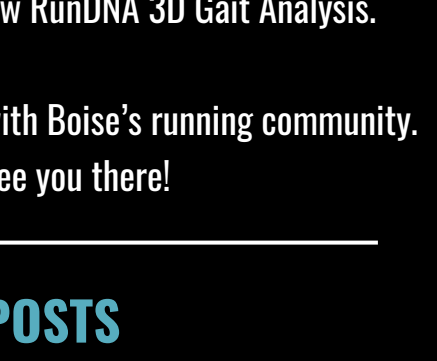
How Movement Impacts  
Performance, Pain, and Efficiency



[CLICK TO READ THE FULL BLOG AND LEARN MORE ABOUT RUNDNA!](#)

## SEE YOU AT THE YMCA FAMOUS IDAHO POTATO MARATHON!

Ascend Physical Therapy is excited to be part of the 49th Annual YMCA Famous Idaho Potato Marathon, one of Boise's biggest and most iconic running events.



Be sure to stop by the Ascend trailer before or after the race. We'll be there supporting the local running community, talking all things movement, recovery, injury prevention, and introducing runners to our new RunDNA 3D Gait Analysis.

Come race, celebrate, and connect with Boise's running community. We can't wait to see you there!

## RECENT POSTS

