

WELCOME TO THE ASCEND PHYSICAL THERAPY NEWSLETTER

We're so glad you're here.

This newsletter is your go-to source for helpful tips, expert advice, clinic updates, and inspiring stories to support your health and movement goals. Whether you're recovering from an injury, training for your next adventure, or just looking to feel better in your body, our goal is to help you rise, recover, and thrive.

RECENT NEWS

MERIDIAN LOCATION NOW OPEN!



We're thrilled to share some exciting news...

Ascend Physical Therapy has expanded! Thanks to your continued support, we opened a second clinic in Meridian to better serve our growing community.



Our new space offers the same high-quality, one-on-one care you've come to expect from Ascend, with even more room to move, heal, and thrive.

Whether you're recovering from injury, improving performance, or taking steps toward pain-free movement, our expert team is here to support your journey, no matter where you're located in the Treasure Valley.

The new clinic is open and ready to welcome you in!

Come see us at 1940 S Bonito Way, Ste 170, Meridian, ID, and experience the same dedicated care in a brand-new space.

GRAND OPENING CELEBRATION

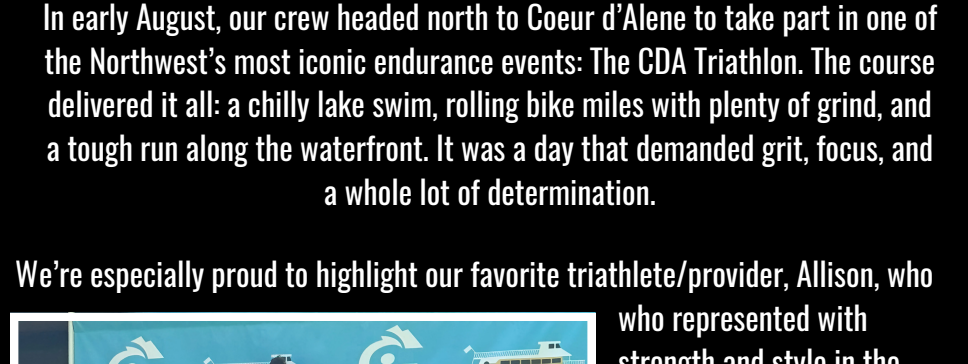
JOIN US!

OCTOBER 30TH

RIBBON CUTTING: 3:30 ~ OPEN HOUSE 4:00-7:00

1940 S BONITO WAY, STE 170, MERIDIAN, ID

TEAM SPOTLIGHT: COEUR D'ALENE TRIATHLON



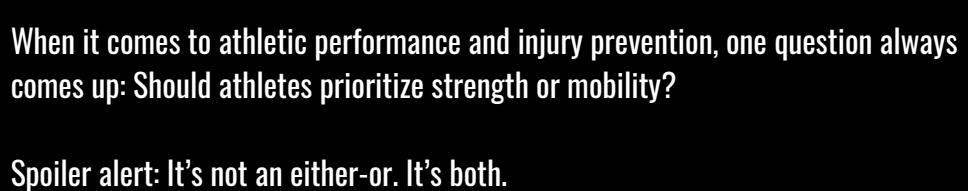
In early August, our crew headed north to Coeur d'Alene to take part in one of the Northwest's most iconic endurance events: The CDA Triathlon. The course delivered it all: a chilly lake swim, rolling bike miles with plenty of grind, and a tough run along the waterfront. It was a day that demanded grit, focus, and a whole lot of determination.

We're especially proud to highlight our favorite triathlete/provider, Allison, who



represented with strength and style in the Olympic Distance race. After pushing hard through every stage, she powered her way to an impressive 2nd-place finish! It's no surprise to everyone around here. Allison's drive and competitive spirit shine through in both her sports and the care she provides.

A big congratulations to Allison, Sam, Ashley, and everyone who competed at CDA this year. Whether racing, training, or cheering from the sidelines, you continue to raise the bar and inspire us all to chase big goals.



When it comes to athletic performance and injury prevention, one question always comes up: Should athletes prioritize strength or mobility?

Spoiler alert: It's not an either-or. It's both.

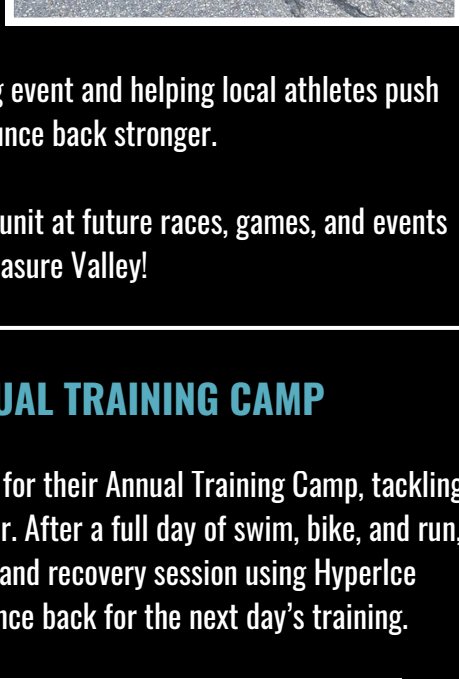
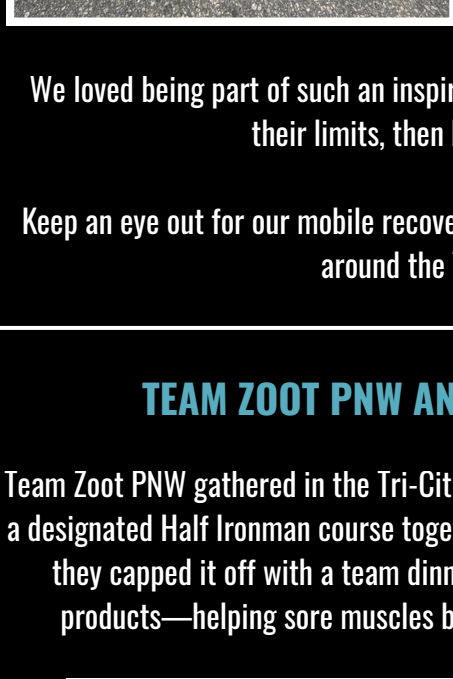
In this blog, we're diving into the fundamental differences between strength and mobility, how they work together, and what athletes—and the coaches and physical therapists who support them—need to know to train smarter, reduce injury risk, and optimize performance.

[CLICK HERE TO READ THE BLOG](#)

BOGUS BASIN HILL CLIMB

We were proud to support participants at the Bogus Basin Hill Climb, offering post-race recovery at the finish line with our brand-new mobile recovery trailer.

Outfitted with top-tier equipment from Hyperice, our trailer is designed to bring professional-grade recovery straight to the action. From percussion massage to compression therapy, athletes had access to tools that helped reduce soreness, speed up recovery, and get them back on their feet faster.

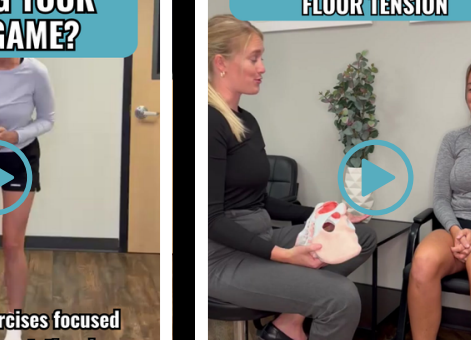
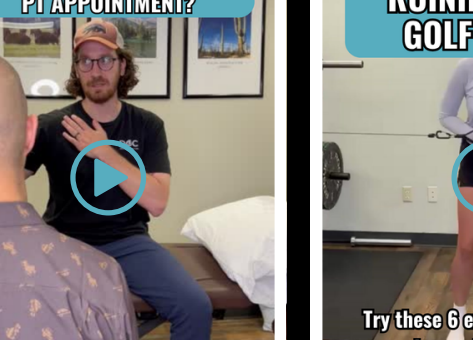
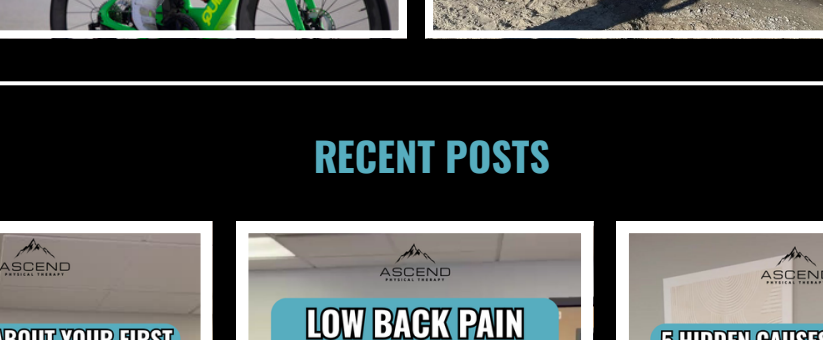


We loved being part of such an inspiring event and helping local athletes push their limits, then bounce back stronger.

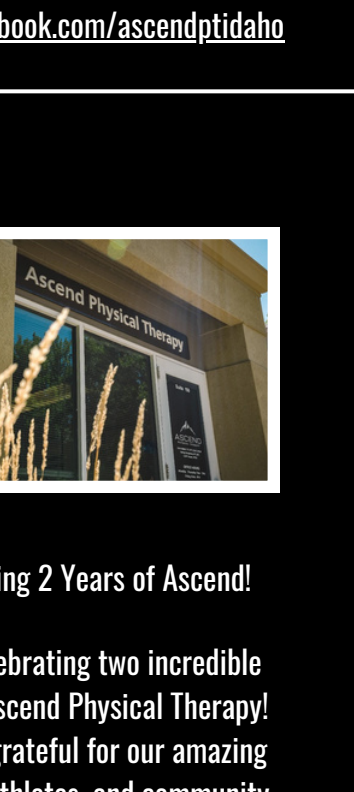
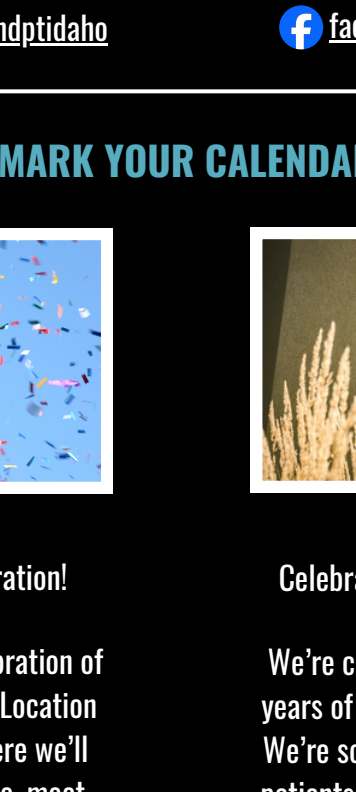
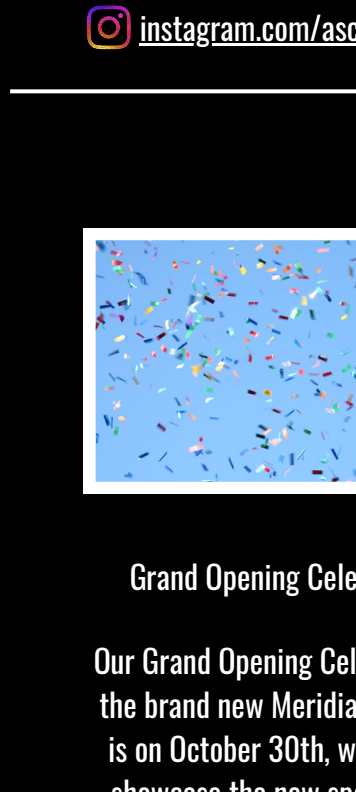
Keep an eye out for our mobile recovery unit at future races, games, and events around the Treasure Valley!

TEAM ZOOT PNW ANNUAL TRAINING CAMP

Team Zoot PNW gathered in the Tri-Cities for their Annual Training Camp, tackling a designated Half Ironman course together. After a full day of swim, bike, and run, they capped it off with a team dinner and recovery session using Hyperice products—helping sore muscles bounce back for the next day's training.



RECENT POSTS



[Grand Opening Celebration!](#)

Our Grand Opening Celebration of the brand new Meridian Location is on October 30th, where we'll showcase the new space, meet our team, and connect with the community. We can't wait to welcome you to our newest location in the Treasure Valley!

[Celebrating 2 Years of Ascend!](#)

We're celebrating two incredible years of Ascend Physical Therapy! We're so grateful for our amazing patients, athletes, and community who made this journey possible. Here's to many more years of moving freely, recovering fully, and thriving in the things you love.