



May



NEWSLETTER

SPECIALTIES

MANUAL THERAPY ▪ KINESIO TAPING ▪
MYOFASCIAL RELEASE ▪ TRIGGER POINT THERAPY

ENERGY. MOTION. POWER
BE DYNAMIC

SERVICES

PRE & POST SURGICAL REHAB
GENERAL ORTHOPEDICS
SPRAINS & STRAINS
WORK RELATED INJURIES
VESTIBULAR REHABILITATION
BACK & NECK PAIN
NEUROLOGICAL DISORDERS
BALANCE TRAINING
POST MVA
HAND THERAPY
WORK CONDITIONING
POSTURAL CORRECTION
ERGONOMICS



They're awesome! I have been seeing Johanna since she started practicing. I followed her from her previous employer to her clinic and have seen her for a variety of reasons. I would definitely recommend Dynamic Physical Therapy.

-Tana



HAPPY
Mothers Day

from your friends at Dynamic
Physical Therapy



INGREDIENTS

- Fresh Broccoli
- Red Onion
- Carrot
- Raisins
- Mayo
- Cider Vinegar
- Dijon Mustard
- Maple Syrup / Sugar

Stir Up,
Refrigerate
One Hour -
Enjoy!

Tips to Stay Healthy This Summer

Get Rest - Getting the proper amount of rest will help you stay at a healthy weight, reduce stress, lower risk of health problems and think more clearly

Stay Hydrated - Drinking enough water will help you regulate body temperature, cushion joints, aid digestion and improve mood

Add Fiber - Maintaining fiber intake helps normalize bowel movements, lowers cholesterol levels, controls blood sugar levels and helps you live longer

Stay Active - Being active helps improve your brain health, manage your weight, reduce the risk of diseases, strengthen bones and muscles, and improve the ability to do your every day activities

Enjoy The Weather - Getting out and enjoying the weather has proven to keep you more relaxed and less stressed



EXERCISE IS
Therapy



I can't say enough good things about Dynamic Physical Therapy & the entire staff. Especially my PT Coral, she has been extremely patient, kind, fun and funny. I will definitely recommend Dynamic to all my family, friends and co-workers. You gals ALL rock! Thank you for helping bring me back to ME again!
-Kristi





YOUR PHYSICAL THERAPIST WILL HELP YOU HEAL YOUR INJURY, TEACH YOU INJURY PREVENTION AND SAFELY GET YOU BACK TO THE SPORTS YOU LOVE!

COMMON OUTDOOR INJURIES INCLUDE

SPRAINS
STRAINS
FRACTURES
CONCUSSIONS
OVERUSE INJURIES
SPORT INJURIES



LIVE A
*happy
healthy
lifestyle*



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MON. 8AM-6PM - TUES.-FRI. 7AM-6PM

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www.dynamic-physical-therapy.com