

MEDIA

BLOG

345

Page 1 of 4

[Next >](#)

[Why you need a PT on your Healthcare Team](#)

Why You Need a Physical Therapist. on Your Healthcare Team. With health in sharp focus as a result of the pandemic you have in place and see if there are any improvements you could make. You probably have a family doctor, dentist, physicians, a trainer, or a massage therapist. If a physical therapist isn't a part of your healthcare team, you're missing

[Read more...](#)

Posted on **2020-07-07**

[Getting PT First during COVID-19](#)

Get PT First During the COVID-19 Pandemic Because of the closures of physician's offices, stoppages of elective sur COVID-19, many people with pain or joint issues have had appointments or surgeries delayed. If you're one of them a some reasons why: Early PT leads to better outcomesStudies have shown that people who receive PT sooner have bett

[Read more...](#)

Posted on **2020-06-02**

[How to improve your Unique Running Style](#)



How to Improve your Unique Running Form. By McKenzie Redd, DPT With the beginning of the New Year, January often related to health and fitness goals. Running is a common activity incorporated into new resolutions, however it i done correctly. Most running injuries are related to change in activity, whether that's overuse or increase in mileage ra

[Read more...](#)

Posted on **2020-01-10**

[Postural Awareness with Mobile Devices](#)



By Marc Lambert, DPT These days most of use are heavy to moderate users of electric devices, primarily sma
773A2Fwww.theguardian.com2Fshortcuts2Fnov2Ftext-neck-how-smartphones-damaging-our-spines&psig=AOvVaw

[Read more...](#)

Posted on **2019-09-18**

[Strength Training for Runners](#)



. Strength Training for Runners. By K. Ryan Petersen, DPT, CSCS It has been a long-held belief that lifting weights w
will hinder their running abilities. Or that it will negatively impact their cardiovascular endurance. This is just not tru
a host of beneficial adaptations for runners' bodies. A growing collection of research supports the use of weight...

[Read more...](#)

Posted on **2019-08-12**

Page 1 of 4

[Next >](#)