



Free Seminar Series

Official Medical Providers 2010 Ironman 70.3 Boise

Top 5 Running Injuries and Treatments

SPEAKER: Derek Stiegemeier, DPT
WHEN & WHERE: Thursday, April 8
The Pulse Running and Fitness Shop
3100 E Florence Dr, Meridian, ID 83642
WHAT TIME: 6:00-7:30 PM

Tendinosis vs. Tendonitis

SPEAKER: Rob Barnes, DPT, OCS
WHEN & WHERE: Monday April 12
Shu's Idaho Running Company
1758 W State Street, Boise, ID 83702
WHAT TIME: 6:30-8:00 PM

Strength Training for Endurance Athletes

SPEAKER: Jessica Smith-Blockley, DPT, OSC, CSCS
WHEN & WHERE: Tuesday, April 20
TAI Boise Physical Therapy - State Street
1520 W State St. Suite 210, Boise, ID 83702
WHAT TIME: 6:30-8:00 PM

Run Faster With Less Effort

SPEAKER: Mike Vannatta, DPT
WHEN & WHERE: Tuesday, April 27
Shu's Idaho Running Company
758 W State Street, Boise, ID 83702
WHAT TIME: 6:30-8:00 PM

The Hidden Culprit Behind Most Sports Injuries: What Is It and How Do You Fix It?

SPEAKER: Matt Booth, DPT, OCS
WHEN & WHERE: Tuesday, May 18
TAI Boise Physical Therapy - Parkcenter
415 E Parkcenter Blvd, Ste 114, Boise, ID 83706
WHAT TIME: 6:30-8:00 PM

BOISE PHYSICAL THERAPY PARKCENTER

Matt Booth DPT, OCS, Director
415 E Parkcenter Blvd, Ste 114
Boise, ID 83706
208-443-9211
boisept@taiweb.com

BOISE PHYSICAL THERAPY STATE STREET

Robert Barnes DPT, OCS, Director
1520 W State St, Ste 210
Boise, ID 83702
208-336-8433
boiseptstate@taiweb.com

NAMPA PHYSICAL THERAPY

Derek Stiegemeier DPT, Director
2635 Caldwell Blvd., Ste. B
Nampa, ID 83651
208-442-0577
nampapt@taiweb.com



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Call 433-9211 or email boisept@taiweb.com