Newsletters

Below is a list of our patient newsletters.

Please click on the links below to view the newsletters online.

- Christmas Card 4 staff - 2022 - V2
- Christmas Card 4 staff - 2022
- Staff Christmas Card 2022
- Christmas 2022
- 2022 holiday email
- keeping kids active
- Balance Training Combats Ankle Sprains
- The BEST posture is the NEXT posture
- Intramuscular Stimulation for Neuropathic Pain
- Exercise Is Medicine
- Seasons Greetings
- Living a full, active life with arthritis
- Balance Issues in Seniors and Fall PreventionÂ
- How Pelvic Floor May Contribute to Your Hip or Back Pain
- Physical Therapy: An Essential Field That Requires Extensive Training
- Preventing and Treating Running Injuries
- Staying Active with Back Pain
- Managing Sports-Related Injuries
- Managing Sports-Related Injuries
- Understanding Muscle Spasms
- Understanding Muscle Spasms
- Common Cycling Injuries
- Common Cycling Injuries
- The risks of overtraining
- The risks of overtraining
- Keeping My Shoulders Healthy As I Age
- Keeping My Shoulders Healthy As I Age
- Arthritis
- Arthritis
- Concussions
- Concussions
- Rotator cuff Injuries
- Rotator cuff Injuries

- Understanding Joint Replacement
- Understanding Joint Replacement
- Pediatric Physical Therapy
- Pediatric Physical Therapy
- Handling Aches & Pains
- Handling Aches & Pains
- Happy Holidays
- Happy Holidays
- Back Pain Relief
- Back Pain Relief
- Strategies to Prevent Knee Pain
- Strategies to Prevent Knee Pain
- Hiking For Health
- Hiking For Health
- Enjoying Golf and Preventing Injuries
- Enjoying Golf and Preventing Injuries
- Preventing Foot Injuries
- Preventing Foot Injuries
- Copy of 2016 Happy Holidays
- Reducing Joint Pain and Restoring Mobility
- Managing Calf Strains
- Summer Travel Tips
- Understanding Back Pain
- Staying Active In Winter
- Managing Tennis Elbow
- RMTS @ VASA Fitness is Moving
- Chronic Pain from Muscle Imbalances
- The Rewards of Group Workouts
- Maintaining good posture
- Get Up and Go with a Healthy Diet
- Understanding Calf Strains
- Ankle Sprains

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