



Therapeutic Associates
PHYSICAL THERAPY



INDIE CHICAS FC

LOCATIONS

PRIMARY CONTACT

Eagle

12 N. Fisher Park Way, Ste 100
Eagle, ID 83616
(208) 939-0140

OTHER CLINICS IN TREASURE VALLEY

Nampa

1125 2nd St S, Ste 110
Nampa, ID 83651
(208) 442-0577

Meridian

3645 E Overland Rd
Meridian, ID 83642
(208) 888-7765

SE Boise

960 Broadway Ave, Ste 200
Boise, ID 83706
(208) 433-9211

State Street

1520 W State Street, Ste 210
Boise, ID 83702
(208) 336-8433

We at Therapeutic Associates are committed to making sure all members of the Chicas are at the top of their game. We specialize in manual therapy and exercise techniques to get you back on the field and at top speed as soon as possible. Our commitment to Chicas is to see you at the location of your choosing within 48 hours of a referral. Please don't hesitate to contact us for a free 15-minute screen or to get started with PT treatment.

ACUTE INJURY

- Result of sudden trauma (twist, fall or collision)
- Sudden, severe pain
- Injured area may be red, swollen and hot
- Pain or numbness to affected or surrounding areas
- Unable to bear full weight or functionally use affected area

OVERUSE INJURY

- Result of repetitive action or stress over time
- Decline in performance (speed or quality)
- Lack of motivation
- Favoring one side of the body
- Gradual onset of pain
- Muscle or joint stiffness
- Headaches

DID YOU KNOW?

With most insurances, you do not need a physicians referral to see a physical therapist. You have Direct Access benefits that allow you to get help, faster!



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www.therapeuticassociates.com/TreasureValley