

# About Us

## Blog

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### [Dynamic vs. Static Stretching](#)

Nate Koch's latest article on dynamic vs. static stretching is featured on the Triathlete website.

[Read more...](#)

Posted on **2015-03-19**

### [Injury Prevention Tips, Part 2](#)

Nate Koch shares his part 2 of his injury prevention tips in the 5 Tips For Avoiding Cycling Injuries article from Triathlete.

[Read more...](#)

Posted on **2015-01-19**

### [Concussion Program Offered](#)

Endurance Rehab announces a new program focussing on concussion diagnosis and treatment. For more information, please see our new web page outlining our services.

[Read more...](#)

Posted on **2014-05-06**

### [Dry Needling at All Locations](#)

To maintain our position on the cutting edge of sports medicine, we are now offering dry needling at all 3 of our clinic locations in Scottsdale, Mesa, and Phoenix!

[Read more...](#)

Posted on **2014-01-06**

### [New Book: Triathlon Science](#)

The new book by Joe Friel and James Vance, Triathlon Science, features insights from 21 of the world's leading triathlon experts, including two chapters on injury prevention and recovery by Nate Koch of Endurance Rehab. For more information and to order, see the Human Kinetics website.

[Read more...](#)

Posted on **2013-09-17**

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