

Education

Articles

Injuries, causes and cures

Tips on Dynamic vs. Static Stretching (from TriAthlete magazine)

By Nathan Koch PT, ATC

ASTYM - Good for What Ails You

By Nathan Koch PT, ATC

Running on Air: The G-Trainer

Common Orthopedic Adolescent Injuries

By Nathan Snell, PT, CSCS

Fibromyalgia and Exercise

By Nathan Snell, PT, CSCS

Shoulder Injury Prevention in the Overhead Athlete (3-part series)

By Brandon Penas, PT

Jocks Win or Lose by the Feet

By Joan Westlake, Sweat Magazine

For Pain

What's Causing the Pain in Your Patella? (from Active.com)

By Nathan Koch PT, ATC

Patellofemoral Pain in Cycling

By Nathan Koch PT, ATC

Strain game: Treatment, improved mechanics can heal, reduce repetitive-motion injuries

By Mary Beth Faller, The Arizona Republic

Sound footing: Orthotic devices relieve pain, realign the body

by Mary Beth Faller, The Arizona Republic

For LAVA Magazine

New Recovery Exercises

For Everyone

Why Every Athlete Should Do Yoga

By Rich Roll, MindBodyGreen

Barefoot Running Stumbles
By Michael Behar, Men's Health

How To: Get Fit For Performance
By Neil Shirley, Road Bike Action

What to do when starting a new program

Exercising in the Summer Heat

Nickel Tour, Penny Thoughts: ISM Adamo

For Golf

Fore-seeable trouble: Lateral Epicondylitis

Fore Crying Out Loud: Keep your head down