

# OUR SUCCESS

## OUR SUCCESSES

**"Endurance Rehab focuses on helping people."**



In my short stint last fall hanging out at Endurance Rehab I had the opportunity to check out a couple of morning circuit classes and was treated top notch with ultrasound icing (I think that is the term), taping for my bum (inflamed Patella was the diagnosis I think) knee and advice on how to quickly and successfully get through the injury. Nate made it a point of healing the injury so that I could get back to doing what I love and be ready for my birthday run - a double crossing of the Grand Canyon . I got the sense that Endurance Rehab focuses on helping people first prevent injuries by offering core strengthening classes, then work through injuries by providing them the tools and education (rather than prolonging or babying them through) and makes clients take responsibility for their rehab. Also providing resources to various treatments (including massage) is a helpful piece. With all this I was able to bounce back and enjoy the 44 mile run to celebrate another year of life :)

Krissy Moehl  
2007 HARD ROCK 100 Winner  
One of the top female ultrarunners in the country