

Holbourn Integrated Therapy

“Specialists in Physical and Manual Therapy”



The Gateway to Summer

“In early June the world of leaf and blade and flowers explodes, and every sunset is different” - John Steinbeck

The hallmark of half a year is now upon us. There is a sense of both success and renewal that feels oh-so-good when we reach this time of year. Gardens are flourishing, school is out, it's bonfire season, and the days are continuing to grow longer. Take time to enjoy these days and find out what you want to do to continue to grow onward to the second half of the year.

1

Free tip: remember to give your hands a good stretch and massage after long periods of use

2

Free tip: heat, ice, and epsom salts are always your friend when it comes to pain relief. Find out what's best for you!

3

Free tip: taking time to do 10 reps for each major area of the body will help keep you fit and ready to function!



We have cash-pay services: no Dr. note, no insurance needed!



11:30-12:30 times are available on Fridays!



Our clinic is offering weekly deals on our in-clinic yard sale! Come check it out!