

# Newsletters

Below is a list of our patient newsletters.



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- [Balance Issues in Seniors and Fall Prevention](#)
- [How Pelvic Floor May Contribute to Your Hip or Back Pain](#)
- [Physical Therapy: An Essential Field That Requires Extensive Training](#)
- [Preventing and Treating Running Injuries](#)
- [Staying Active with Back Pain](#)
- [Getting Ready for Gardening](#)
- [Staying healthy in the age of social distancing](#)
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- [Managing Tennis Elbow](#)
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- [What is Elastic Tape and How Does It Work?](#)
- [The risks of overtraining](#)
- [The Benefits of good posture](#)
- [Keeping My Shoulders Healthy As I Age](#)
- [Acute Versus Chronic Back Pain - What's the difference?](#)
- [Arthritis](#)
- [Happy Holidays 2018](#)

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