



## Locations:

Foothills Physical Therapy has four clinics spread across the Treasure Valley.

Foothills Physical Therapy's Boise clinic is located at 1673 W. Shoreline Dr, Suite 230, offers a variety of therapeutic one-on-one care services tailored to your treatment plan. Our Boise clinic also offers Aquatic Therapy in a state-of-the-art facility with a private reserved pool at Boise State University's Student Recreation Center. Contact us at 208-343-4700 today.

Foothills Physical Therapy Meridian clinic is located at 1618 Millennium Way, Suite 210 between Meridian and Eagle Road exits, easy access right off the interstate. Our Meridian clinic offers one-on-care services that fit you, beyond just being a patient. Give us a call today at 208-884-4647.

Foothills Physical Therapy Eagle clinic is located at 645 E. State Street, Suite 101, across from the main post office and City Hall in downtown Eagle. Our Eagle clinic offers one-on-one care speciality services. Pilates is special to our Eagle Clinic. Call us at 208-939-9594 today.

Foothills Physical Therapy Ten-Mile clinic is location at 904 S. Vanguard Way, right off the Ten-Mile exit in Meridian. Our Ten-Mile clinic offers one-on-one care services. Being our newest clinic its sleek and spacious providing space and quality care for all of your PT needs. Call us at 208-803-6767.



FOOTHILLS  
Physical Therapy

## Our Locations

### BOISE

1673 W. Shoreline Dr, Suite 230 Boise, Idaho 83702

208.343.4700

### MERIDIAN - OVERLAND

1618 Millennium Way, Suite 210 Meridian, ID 83642

208.884.4647

### MERIDIAN - TEN MILE

904 S. Vanguard Way Suite 100 Meridian, ID 83642

208.803.6767

### EAGLE

645 E State Street, Suite 101 Eagle, Idaho 83616

208.939.9594

We can get you there! Don't  
start...**FINISH!**  
Foothills Physical Therapy



[foothillspt.com](http://foothillspt.com)

Foothills Physical Therapy

Serving the Treasure Valley since 2003

Be **EMPOWERED**  
with **PERSONALIZED** care  
for **ALL** your  
**RECOVERY** needs!

## Our Mission



# EXPERT ONE ON ONE QUALITY CARE

Foothills Physical Therapy is founded upon expert, one-on-one, quality care. We are dedicated to providing an empowering environment with individualized care to achieve optimal healing, functional recovery, and movement optimization for our patients.

## About Us

Foothills Physical Therapy provides a wide variety of physical therapy services for all types of Musculo-skeletal disorders, including Pilates and aquatic-based therapy. We're a diverse, highly-trained group of physical therapists who provide everything from post-operative care to sports optimization and rehabilitation and much more!

Many of our therapists are Board Certified and, on average our therapists have over 16 years of clinical experience. We have more single and double board-certified physical therapists than any other practice in Idaho. No matter what your physical therapy needs are, we can help you!

## Services



- »» Post Surgical Rehabilitation Care
- »» Non-Operative Musculo-Skeletal Care
- »» Manual Therapy/Spine Care
- »» Instrument-Assisted Soft Tissue Mobilization
- »» Kinesio-taping/Rock Tape
- »» Custom Foot Orthotics
- »» Blood Flow Restriction Training
- »» Post-Concussive Care
- »» Dry Needling
- »» Pilates
- »» Aquatic Therapy
- »» Sports Optimization/Rehabilitation
- »» Run Gait Analysis
- »» Golf Analysis

## Why Choose Us.

Foothills Physical Therapy has been the destination of choice for people with physical therapy needs in the Treasure Valley since 2003.

Here at Foothills, we take pride in providing you with expert, one-on-one, quality care. We believe your treatment should be as unique as you are, and we will help you reach optimal recovery and return to the activities you enjoy.





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Many of our therapists are Board-Certified and, on average, our therapists have over 16 years of clinical experience. We have more single and double board-certified physical therapists than any other practice in Idaho. We have therapists certified in orthopaedics, sports therapy, manual therapy, men's and women's health, and dry needling. No matter what your physical therapy needs are, we can help you.

## One-On-One, Expert, Quality Care

We are locally owned, and we have earned our reputation as one of the Treasure Valley's best physical therapy practices. We opened our doors in 2003, and have been voted Best of Treasure Valley multiple times.

At Foothills Physical Therapy, our model of care is unique and patient-centered. We provide one-on-one care by specialist physical therapists-- no techs, aides, or assistants. Your care is consistent, connected, personal, and professional.