

# Health Resources

Peak Performance Therapy Services is happy to provide additional information and resources on rehabilitative, sports medicine and fitness questions. Please ask us about any injury, recovery, or fitness questions that you may have. Below you will find a list of resources that may provide further information:



## [Arthritis Foundation](#)

The Arthritis Foundation is the only national not-for-profit organization that supports the more than 100 types of arthritis and related conditions. Founded in 1948, with headquarters in Atlanta, the Arthritis Foundation has multiple service points located throughout the country.

## [American Orthopaedic Society for Sports Medicine](#)

The American Orthopaedic Society for Sports Medicine (AOSSM) is a national organization of orthopaedic surgeons specializing in sports medicine, including national and international sports medicine leaders. The AOSSM works closely with many other sports medicine specialists and clinicians to improve the identification, prevention, treatment and rehabilitation of sports injuries.



American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN

The official site of the [American Academy of Pediatrics](#)—an organization of 64,000 pediatricians committed to the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.



## Vision Statement of the [APTA](#) for the Physical Therapy Profession

Transforming society by optimizing movement to improve the human experience.



[Base Ball Medicine Injury Prevention HYPERLINK](http://www.baseballmedicineconference.com/Home/)  
["http://www.baseballmedicineconference.com/Home/"& HYPERLINK](http://www.baseballmedicineconference.com/Home/)  
["http://www.baseballmedicineconference.com/Home/"Treatment](http://www.baseballmedicineconference.com/Home/)

Professional Baseball Athletic Trainers' Society, Major League Baseball Team Physicians Association and National Athletic Trainers' Association, and is supported by Major League Baseball. This endorsement is in keeping with their commitment to provide the community with the latest information regarding baseball injuries and their prevention.

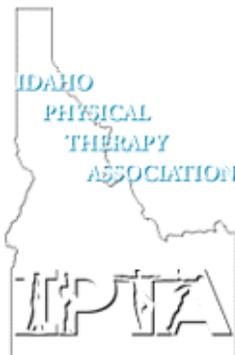


[Evidence In Motion](#)

Evidence In Motion exists to elevate the physical therapy profession and the role of physical therapists in health care delivery. Evidence In Motion is an education and business practice consultation company whose sole reason for existence is to create and promote a culture of evidence-based practice within the physical therapy profession. Evidence In Motion has put in place evidence-based practice treatment pathways in more than 150 facilities and aims to foster the global sharing of information and ideas and thus advance evidence-based physical therapy practice, research, and education around the world.

[eMedicine HYPERLINK "http://www.emedicine.com/"](http://www.emedicine.com/) [from WebMD](#)

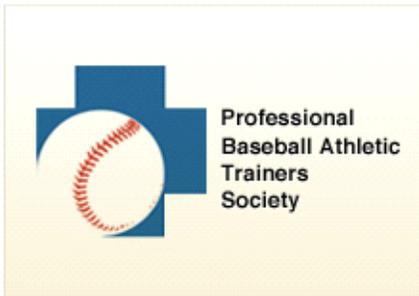
Instant Access to the most authoritative point of care medical reference available, including Minds of Medicine, Clinical Knowledge Base, online medical journals, textbooks, and Physician Reference.



[Idaho Physical Therapy Association. HYPERLINK](http://www.ptidaho.org/index.html)

["http://www.ptidaho.org/index.html" Inc](http://www.ptidaho.org/index.html)

A non-profit professional membership organization serving physical therapist, physical therapist assistant and students in Idaho.



### McKenzie Institute International

Mechanical Diagnosis & Therapy, a philosophy of active patient involvement and education that is trusted and used by practitioners and patients all over the world for back, neck and extremity problems.

### National Academy of Sports Medicine

NASM is the industry's premier provider of education for fitness, sports-performance and sports-medicine professionals worldwide. Since our inception in 1987, we have received international acclaim for our cutting-edge concepts and state-of-the-art programs and products.

### National Athletic Trainers Association

Official website of the National Athletic Trainers Association.

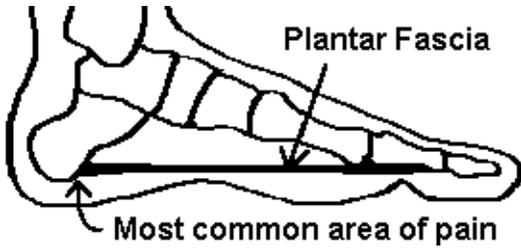
### National Strength and Conditioning Association

The National Strength and Conditioning Association (NSCA) is an international nonprofit educational association founded in 1978. Drawing upon its vast network of members, the NSCA develops and presents the most advanced information regarding strength training and conditioning practices, injury prevention, and research findings.

### North American Spine Society

NASS is a multidisciplinary organization that advances quality spine care through education, research and advocacy.

[PBATS](#) mission is to serve as an educational resource for the Major League and Minor League Baseball athletic trainers. PBATS serves its members by providing for the continued education of the athletic trainer as it relates to the profession, helping to improve his understanding of sports medicine so as to better promote the health of his constituency—professional baseball players. PBATS also serves as a resource to educate those outside the professional baseball athletic trainer community about the profession and about the athletic trainer's integral position within the sports medicine team.



**[The Plantar Fasciitis, Heel Pain and Heel Spur Online Booklet](#)**

An extensive source of information about plantar fasciitis, heel spurs, and heel pain.



PARTICIPATING  
SPORTS MEDICINE PRACTICE

**SAFE  
KIDS  
WORLDWIDE™**

**[STOP Sports Injuries](#)**

The development of the STOP (Sports Trauma and Overuse Prevention) Sports Injuries campaign was initiated by the American Orthopaedic Society for Sports Medicine (AOSSM) in early 2007.

**[Safe Kids Worldwide](#)** is a global organization dedicated to preventing injuries in children, the number one killer of kids in the United States. Around the world, a child dies from an unintentional injury every 30 seconds. And millions of children are injured in ways that can affect them for a lifetime.



The Occupational Health Special Interest Group (OHSIG) is recognized as a leading authority in occupational health physical therapy. The SIG leads by: providing professional development, sharing current information, identifying opportunities for outreach and collaboration, and supporting practice and research initiatives.



The **[Industrial Commission](#)** is the state agency responsible for:

- Regulating workers' compensation activities in Idaho, including companies licensed to issue workers' compensation policies.
- Ensuring that employers have workers' compensation coverage as required by law.
- Settling disputes between injured workers, employers, and insurers.
- Deciding appeals for unemployment decisions from the Idaho Department of Labor.
- Providing compensation to innocent victims of crime through the Crime Victims Compensation Program.



**[ACSM](#)** is the largest sports medicine and exercise science organization in the world. With more than 50,000 **[members](#)** and **[certified professionals](#)** worldwide, ACSM is dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise

science and sports medicine.