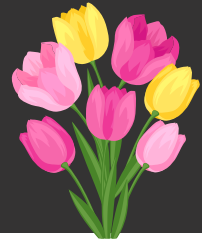




The Apex Advantage



Upcoming Events:

MAY 12TH
Neck Pain Workshop
5:30-7PM



Jamestown



LaMoure



South Fargo

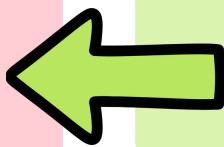
May is here, which means longer days, warmer weather, and the return of the activities we've all been waiting for. Whether you're getting back on the golf course, spending more time outdoors, or simply moving more, this is the season to feel your best—not be held back by nagging aches like neck pain or stiffness.

At Apex, we know the importance of being able to do what you love pain-free, especially as activity levels ramp up. That's why this month, we're focusing on helping you move better and prepare your body for everything summer brings with the featured blogs and FREE Neck Pain Workshop!

Let's make May a month of movement, momentum, and getting back to what you love.

Have you signed up yet?!

Scan to attend our FREE Neck Pain Workshop at an Apex near you!
Spots are limited - reserve yours today



Managing Pelvic Organ Prolapse with Physical Therapy: An Effective, Non-Surgical Treatment Option

Looking for relief from pelvic organ prolapse without surgery? In her latest blog, Alison Kopp breaks down how pelvic floor physical therapy—combined with expert pessary fittings—can reduce symptoms, improve support, and help you get back to doing what you love.



Play Better, Hurt Less: How to Prepare Your Body for Golf Season

Golf season is right around the corner—but is your body ready? Jumping straight into play after months off can lead to stiffness, pain, and reduced performance. In his blog, Brock Gomer breaks down how improving hip mobility and core strength can help you swing better, play longer, and stay injury-free.



MAGNESIUM GLYCINATE

- Supports healthy muscle function & recovery
- Supports the nervous system & relaxation
- Supports bone and cardiovascular health
- Supports healthy blood sugar balance



15% OFF

Give your recovery a boost.

IN-CLINIC ONLY

