



WELCOME TO OUR NEWSLETTER

# PEAK BALANCE

HEALTH · HEALING · PERFORMANCE

FEBRUARY 2026

A FEBRUARY CHECK-IN:

## How Are Your Habits Going?

January is about starting. February is about continuing. Whether you began a habit tracker last month or planned to start and have not yet, this is a great moment to pause and check in.

### A FEW REFLECTION QUESTIONS YOU CAN USE THIS WEEK:

- Which habits felt easy?
- What helped you stay consistent?
- Which ones slipped?
- What needs to be simplified?

If you are tracking even one daily habit, you are already building momentum. If you have not started yet, pick one habit today and begin now. The goal is engagement, not perfection. Progress compounds when the habits are small enough to sustain.

If you want guidance choosing habits that support energy, posture, sleep, digestion, or pain patterns, call the clinic and get scheduled—we can help you choose habits that fit your specific goals.

## My Next Module in Sports Medicine Acupuncture

In January, I completed Module III in my post-graduate certification in Sports Medicine Acupuncture (SMAC), with expected completion in May. This is one of the most advanced, clinically focused trainings available, blending Western orthopedic assessment with precise, outcome-driven acupuncture and manual techniques.

### What this means for you in the clinic:

- More accurate assessment of muscular imbalances and strain patterns
- Expanded ability to integrate posture work, GRM, and channel-based fascial lines
- Improved treatment outcomes for chronic or recurring pain
- Deeper integration of functional movement and acupuncture
- Better strategies for athletes and active patients who need efficient recovery

SMAC fits seamlessly with the work we already do in posture, balance, and nervous system regulation. When posture, proprioception, and muscular firing patterns align, the body moves with more ease and less strain. This is the foundation of performance, healing, and long-term durability.

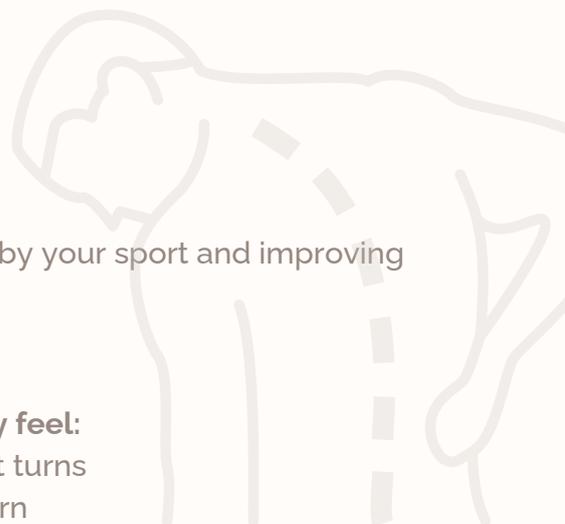
As this training moves toward completion, it continues to take our clinical framework to the next level—adding depth, precision, and new approaches while staying grounded in the same whole-body philosophy you already experience in the clinic.

# SKIING, SNOWMOBILING, AND WINTER TUNE-UPS

February is the heart of winter sports season, and this is when we see patterns show up:

- Low back tension from skiing and skinning
- Glute and hip restriction from long days on the mountain
- Knee irritation from rotation and repetitive loading
- Neck and upper back strain from snowmobiling
- Balance fatigue as your body compensates in heavy gear

A winter tune-up focuses on releasing the areas most stressed by your sport and improving how your nervous system organizes posture and stability.



## FOR SKIERS/SKI TOURING/SNOWBOARDING

### Common focus areas:

- Lumbar paraspinals
- QL and obliques
- IT band and lateral chain tension
- Glute medius and piriformis
- Ankle stability and foot mechanics

### Benefits you may feel:

- More efficient turns
- Less quad burn
- Improved balance
- Reduced knee strain
- Easier recovery the next day

## FOR SNOWMOBILERS

### Common focus areas:

- Upper back and traps from gripping and bracing
- Forearms and wrist flexors
- Hip flexors from long rides
- Low back stabilizers that fatigue under vibration

### Benefits you may feel:

- Less stiffness after long rides
- Improved shoulder and neck comfort
- Better hip mobility for transitions
- More efficient posture so the body works less and performs more

If winter sports are part of your life, consider a mid-season session to stay strong, reduce risk of injury, and move with more ease.

## TIME TO SCHEDULE



If your back, knees, hips, or balance feel off—or your body simply needs a tune-up—call or go to the [Website](#) to schedule your next appointment. Early-season care prevents late-season strain.

- Skiing tune-ups
- Snowmobiling posture resets
- Glute, hip, and knee release
- Balance and GRM resets for efficiency

## RATE ADJUSTMENT EFFECTIVE FEBRUARY 1, 2026

As shared last month, our modest rate adjustment begins February 1, 2026. This supports the time, attention, and clinical depth we offer at every session.

Warmly, *Teton Acupuncture and Integrative Medicine*

### Peak Balance

A new month, a new chance to stay consistent, refine your habits, and take care of the body that carries you through winter.

**Book an Appointment**

 (307) 226-4404

