



## **Flex Physical Therapy**

Josh Bintz was the speaker at the Treynor Optimist Club on April 11. Josh shared some of his background together with his current work and interests. After graduating from Treynor High School in 2007, Josh went on to complete a Doctorate in Physical Therapy from the University of Nebraska Medical Center.

Josh is employed by Flex Physical Therapy of Council Bluffs. That includes staffing Flex's Treynor location in the Peak Performance Building on Tuesday and Thursday

mornings, staffing the Treynor Junior Senior High School for an hour on Tuesday and Thursday mornings, and staffing most Treynor home sporting events.

Josh discussed a variety of athletic injuries and explained how some injuries could be prevented by proper training. He also explained the Impact Concussion Program software used by Treynor Community School, as well as some of the new methods being used to treat arthritis.

Josh is active in the youth ministry at Living Hope church and is an active sports enthusiast. He is a member of the newly formed Cardinal Core, whose goal is to promote local volunteerism. Besides being active in his community, Josh and his wife, Christy, are proud new parents of baby Olivia.