



NEWS: The average climber has **1+ Injuries!** Want a fix?



We are NOW carrying Climbing Injuries Solved!

A book on healing your injury back to optimum! Focused on the fingertip through the shoulder, learn self-care ideas and medical pearls in a new modern text. Written by climbers, edited by climbers, this book is from our community just for you. Check in at the front desk to learn more and to page through a copy. Dr. Lisa Erikson is a climbing injury coach, trad climber, and medical provider out of Boulder, Colorado.

climbinginjurieessolved.com

A PORTION OF PROCEEDS DONATED TO THE ASCA.