

# NEWSLETTER

QUARTER 4 2024



## Quad Set Exercise

A great, easy exercise for knee pain relief is the Quad Set. It helps strengthen the muscles around the knee without putting too much stress on the joint. Here's how to do it:

- Sit or lie down on your back with your legs straight.
- Tighten the muscles on the top of your thigh (quadriceps) by pressing the back of your knee down toward the floor or surface.
- Hold the contraction for 5 seconds.
- Relax and repeat 10-15 times on each leg.

This simple exercise can help reduce knee pain by improving strength and stability in the muscles that support the knee joint.

## Knee Pain

Knee pain, a common issue that can significantly affect your mobility and quality of life. Whether it's due to aging, injury, or overuse, knee pain can limit your ability to enjoy daily activities. At Superior Physical Therapy, we specialize in addressing knee pain through targeted exercises, manual therapy, and personalized rehabilitation plans. Our goal is to help you regain strength, improve flexibility, and get back to doing the things you love without discomfort. If knee pain is slowing you down, let us help you find relief and get moving again!

## Get Relief

We are celebrating PT Month by offering FREE Fall Fix Consultations to show our appreciation for our amazing patients and community. Whether you're dealing with aches, pains, or just want a wellness check before the holiday season, our team is here to help! [Click Here](#) or scan the QR code below to request your fix!



Superior Physical Therapy



@Superior.Physical.Therapy

Share this offer with friends and family— available at all of our locations: Rexburg, Idaho Falls, Pocatello & American Falls.

## SUPERIOR PHYSICAL THERAPY

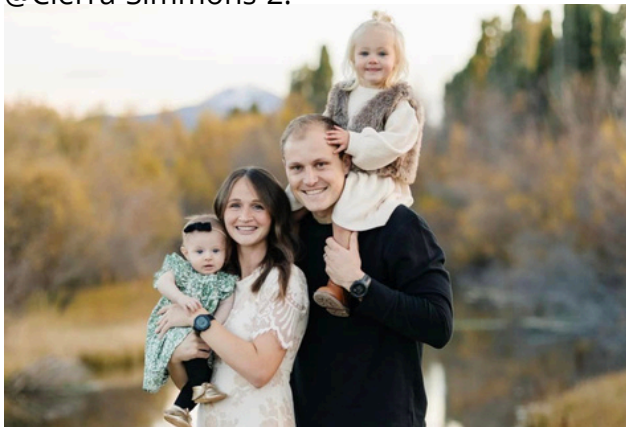
### IN LOVING MEMORY



**SCOTT MECHAM, DPT**  
**1994-2024**

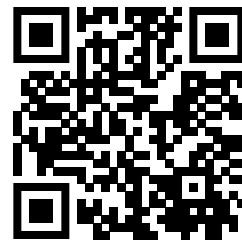
It is with heavy hearts that we share the passing of our beloved colleague and friend, Scott Mecham, after a tragic mountain biking accident. Scott was an exceptional physical therapist, known for his passion for helping others and his joyful spirit. He earned his Bachelor's from Brigham Young University and his Doctorate in Physical Therapy from the University of Jamestown. As a former D-1 athlete, Scott was driven to find solutions for sports injuries, becoming a trusted guide for many.

Beyond his work, Scott was deeply devoted to his wife and two daughters, and found joy in Idaho's great outdoors. His legacy lives on in the many lives he touched. Our thoughts and prayers continue to be with his family while they navigate this trying time. Donations to support his family can be made via [Venmo](#): @Cierra-Simmons-2.



## We Want To See You!

Whether you are having aches and pains, are pre-op, post-op, or have some questions we would love to see you. Please click or scan this code or call us and we will be happy to help you!



Pocatello & American Falls 208-233-2248  
Idaho Falls & Rexburg 208-417-0090

## Q3 Milestones

Celebrate with us as we acknowledge and honor the achievements of our team members who have reached significant milestones with our company.

### 8 YEARS

Kylee Mouser

### 4 YEARS

Ryker Spackman  
Rebecca Borstelman  
Brittney Burt

### 2 YEARS

Izabelle Christensen  
Kylee Jolley  
Hayley Petersen  
Keith Schempp

### 3 YEARS

Betsy Parise  
Tiffany Petz

### 1 YEAR

Tiffini Lee  
Tanyen Thomas  
Josiah Brandt Price  
Mikayla Saunders  
Karly Hurst  
Melissa Olson



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