

INDUSTRIAL NEWSLETTER

Vol. 1 – 2024



WorkSafe Seminar

On February 13th 2024, we hosted our quarterly WorkSafe seminar at Pocatello City Hall. This seminar is designed for local businesses and employers. Bart McDonald, our CEO and ergonomic specialist, shared insights from WorkSafe Solutions and Superior PT, offering practical strategies to enhance workplace safety and productivity. It was

an enlightening event aimed at fostering a safer, more efficient work environment. *Click or scan the QR code below to watch a recording of the event.*



Q1 WorkSafe Seminar
February 13, 2024
Pocatello City Hall
Presented by Bart McDonald



Locations

American Falls

- 588 Fort Hall Ave

Idaho Falls

- 3345 Potomac Way
- 1680 1st Street

Pocatello

- 128 Vista Dr.
- 500 S. 11th Ave Suite 506
- 1800 Flandro Dr. Ste 190

Rexburg

- 136 W Main Street

Upcoming Events

Q2 Seminar info coming soon!
Email: mhoffman@superiorpt.net
to request Info!



Fun Fact Flex

Studies show that regular stretching breaks can reduce workplace injuries by up to 30%. So, don't forget to stretch it out for safety!

SuperiorPTidaho.com



Therapist Highlight

Bart McDonald, PT, MPT, ECS, FMSK, President and owner of Superior Physical Therapy, began his career in Montana before founding Superior Physical Therapy in 2008, now comprising four clinics in southeast Idaho. Graduating with a Master's in Physical Therapy from Emory University School of Medicine in 2000, Bart specializes in knee, shoulder, and spine rehabilitation, Electromyography, Nerve Conduction Study testing, and is ASTYM certified. With expertise in Clinical Electrophysiology and Musculoskeletal Ultrasound, Bart is dedicated to providing top-notch care. Outside of work, he enjoys family time and skiing.

Benefits of WorkSafe Solutions

After a workplace injury, the injured worker is sent to a medical center for an evaluation then often referred to Physical Therapy. During the course of therapy, the injured worker will go through reevaluations on a regular basis. Therapy will consist of levels of exercise that align with work-related and functional activities to prepare the worker for the critical demands of their specific job. Through Superior Physical Therapy WorkSafe Solutions we also support the employer in finding ways to prevent injury and create a more work-safe environment. *Click or scan the QR code below to request more information from one of our WorkSafe Solutions specialists.*



Presenting at our next seminar
Dr. Samuel Saunders



Samuel Saunders, DO, board-certified in family medicine with a Fellowship in Primary Care Sports Medicine, shifted career aspirations from engineering to medicine inspired by experiences in Minnesota. His love for sports led him to specialize in Family Medicine Sports Medicine, aiming to provide the same care he received after injuries growing up playing sports. He chose WorkMed because he sees the community as "industrial athletes." Outdoor activities drew him to Southeast Idaho, where he enjoys sports, outdoor adventures, and family time when not practicing medicine.

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