

# NEWSLETTER

QUARTER 2 2024



## Hip Pain

Hip pain can significantly impact one's mobility and daily activities, often stemming from various causes such as arthritis, bursitis, muscle strains, or joint issues. Physical therapy has proven to be a valuable and non-invasive approach to addressing hip pain, providing relief and restoring function.

Physical therapists employ a combination of targeted exercises, stretches, and manual therapy techniques to alleviate hip pain. Strengthening exercises focus on building the muscles around the hip joint, improving stability and supporting proper alignment. Range of motion exercises help enhance flexibility and reduce stiffness, while manual therapy may involve hands-on techniques to release tension and improve joint mobility.

## Update from Superior

We are EXCITED to announce the opening of a new clinic in **Rexburg**. It is located in the Broulim's Shopping Center at 136 W Main Street! We are currently sharing the space with Sterling Urgent Care, next to Jamba Juice! Check out the Superior spotlight on the back page to get to know our awesome provider that will be serving the Madison County community.



Our new website is live! Check it out at [SUPERIORPTIDAHO.COM](https://SUPERIORPTIDAHO.COM)! Be sure to join us on Social Media to stay up to date and follow along with the fun!



Superior Physical Therapy



@Superior.Physical.Therapy

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## SUPERIOR PHYSICAL THERAPY

### Superior Spotlight

#### BARRETT GIBSON, DPT

Barrett Gibson is a dedicated and experienced physical therapist, known for his passion in helping individuals overcome injuries and improve their physical well-being.



With a career spanning over a decade, Barrett's journey in the field of physical therapy has been marked by unwavering commitment to his patients' pain relief, functional restoration, and movement refinement. Barrett recently joined Superior Physical Therapy, bringing his exceptional skills and expertise to this esteemed clinic. Prior to this, he made significant contributions to the physical therapy community, with experience spanning various healthcare facilities. Witnessing fellow athletes struggling with injuries and limited support ignited his determination to make a difference. As a skilled physical therapist, Barrett possesses a diverse range of talents and strengths that set him apart in his field. He excels in designing tailored treatment plans to suit each patient's unique needs, ensuring they achieve their highest level of function and performance. His dedication to continuous learning and keeping up with the latest advancements in physical therapy techniques and technology empowers him to deliver top-notch care to his clients. Outside of his professional life, Barrett finds joy in building a fulfilling family life. With 8 children, he cherishes the time spent with his family on his small hobby farm or homestead.

### Fun Fact Flex

In just thirty minutes, the human body generates sufficient heat to bring water to a boiling point!



### 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

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