

NEWSLETTER

QUARTER 3 2024



Shoulder Pain

Shoulder pain is a common issue that can significantly impact daily life and hinder mobility. Physical therapy is a widely recognized and effective approach to managing and alleviating shoulder pain. This non-invasive treatment focuses on restoring and enhancing the strength, flexibility and function of the shoulder joint.

Physical therapy, not only aims to relieve current pain but also helps prevent future issues by addressing underlying musculoskeletal imbalances. Patient undergoing physical therapy for shoulder pain often experience improved range of motion, reduce discomfort and enhanced overall shoulder function.

SUPERIORPTIDAHO.COM

Update from Superior

We are thrilled to announce that we've been chosen as the Post Register and Idaho State Journal Readers' Choice Best PT Practice of 2024! This recognition means the world to us, and we extend our heartfelt thanks for your votes and unwavering support over the past 16 years. It's an honor to serve our community and we look forward to continuing to provide top-notch care.



School Supply Drive

Join us in our school supply drive as we collect new, unopened school supplies to support our local school districts. You can drop off supplies at any of our clinic locations. Let's come together to make a meaningful difference in the lives of students in our community!



Our new website is live! Check It out at 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

Superior Spotlight

JON GOODMAN, DPT

Jon grew up in Salem, Utah. He completed his Bachelors of Science in Exercise Science at Brigham Young University and his Doctorate in Physical Therapy at the University of Utah. He is bilingual, speaking Spanish and English. Jon is passionate about treating neck, jaw, concussion, orthopedic and sport injuries. Jon enjoys spending time with his wife and four children, and getting outdoors at any chance he gets.



Jon primarily works at our Gold's Gym location in Pocatello, but you've likely seen him at all of our clinics as he serves as the Area Clinical Director for Superior PT. In May, we celebrated Jon's impressive 5-year anniversary with the company! Jon is an invaluable member of our team, and we deeply appreciate his dedication to Superior PT and our patients. Join us in congratulating Jon for his outstanding service and commitment.

Q2 Milestones

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

10 YEARS

Kaylin Goldsberry

5 YEARS

Jonathan Goodman

1 YEAR

Amber Corrington

Allison Hatch

Joseline Palacios-Monjaras

Joshua Crosgrave

Daniel Green

9 YEARS

Jacquelyn Hall

3 YEARS

Dallin Leifson

Nathan Connolly

2 YEARS

Timothy Lee

Brandon Johnson

Jesse Peterson



Fun Fact Flex

Did you know that laughter can actually be therapeutic? Research has shown that laughter increases endorphin levels, reduces stress hormones, and can even temporarily relieve pain. So, don't forget to add a dose of laughter to your day—it's good for your health!



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!



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