

NEWSLETTER

QUARTER 1 2024



Neck Pain

Neck pain is a common ailment that can affect people of all ages and backgrounds. It often stems from a variety of causes, including poor posture, muscle strain, injury, or underlying medical conditions. The neck, comprising seven vertebrae and supporting structures, is a crucial part of the body that facilitates the mobility of the head.

To alleviate neck pain, several strategies can be employed. Maintaining good posture, especially when sitting at a desk or using electronic devices, is crucial. Regular breaks to stretch and move the neck and shoulders can help prevent muscle stiffness. Gentle neck exercises, recommended by healthcare professionals, may also improve flexibility and reduce tension.

Serving SE Idaho



American Falls
588 Forthall Ave.

Pocatello
1800 Flandro Dr. Suite 190
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500 S 11th Ave #506

Idaho Falls
3345 Potomac Way
1680 1st street

Come See Us

We are updating our social media platforms. Be sure to follow us on Instagram @superior.physical.therapy and Facebook Superior Physical Therapy.



For the Doctors

We are hosting a Facial Distortion Model Course February 10th and 11th.

What is Fascial Distortion Model? (FDM)

It is a system of pattern recognition, where the hand gestures used by a patient to describe their symptoms are divided into six distinct categories of dysfunction. Treatment choices are correlated to the distinct hand gestures, with manual therapy being the primary modality. Essentially all manual therapy techniques can fit into FDM, with many new treatment options being born from FDM theory. The goal of FDM treatment is to restore normal motion and reduce fear of movement in the patient, allowing them to return to function faster, while reducing reliance on traditional treatment modalities.

When: February 10th and 11th

**When: 1800 Flandro Dr. Suite 190
Pocatello, Idaho**

**FASCIAL DISTORTION MODEL MODULE 1
SHOULDER, ANKLE AND KNEE**

February 10-11, 2024
Superior Physical Therapy
1800 Flandro Dr. Ste 190 Pocatello, ID 83202



**Dr. Angela Lim, DO
FDM Instructor**

Virtual introduction will be available 2 weeks prior to the course.
REGISTER BY SCANNING THE QR CODE BELOW or visiting our website.



**FDM
Academy**

For a complete list of classes, visit
thefdmacademy.com.

20 Credits of AOA Category 1-A CME. Accredited with the
Texas Board of Physical Therapy Examiners (with reciprocity in many States).



Super Bowl Recipe: Artichoke Dip

Ingredient's:

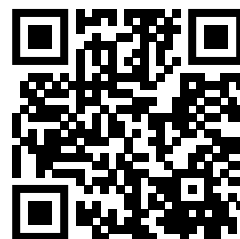
1 Cup Mayo
1 8oz can Artichoke
Hearts
1 bag shredded
parmesan
1 block cream cheese

Cooking Instructions:

Warm oven to 350
degrees. Drain
artichokes. Combine all
ingredients and mix well.
Put all in a 10x10 dish.
Cook 25 minutes or till
golden brown on top.

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 scan this code or call us and we will be happy to help you!



Pocatello & American Falls 208-233-2248
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