

Happy Holidays 2007!

We at **Goodell Physical Therapy & Fitness Training** have so much to be grateful for this year! Thanks to you, we have experienced a 12% growth over last year! We've continued to improve our processes this year to better serve our clients. We updated our website which includes a newsletter full of helpful tips for healthy living from your favorite Physical Therapists (should launch just before New Year's). If you'd like **to be added to our newsletter's email list**, please give us your email address or request a printed copy by calling or emailing Liesl (liesl@goodellpt.com) or going to our website www.goodellpt.com. We have transitioned to a new billing program that will make our statements easier to read (thanks to your suggestions!). And we are reaching out to the public to educate them about what Physical Therapists do by advertising in a story-like column in the **Portland Monthly January 2008 Top Doctors issue – look for us there!** Heather Goodell, PT continues volunteering as Public Relations Chair of the Oregon Physical Therapy Association, where her primary role is to educate the public about the benefits of Physical Therapy.

Heather welcomed her healthy new baby daughter Mara Louise into the world April 3, 2007, weighing in at 6 lb 7 oz and arriving only 15 minutes after they made it to the hospital with no time for a nurse or doctor to make it to the room! She used a technique called hypnobirthing which works by replacing painful thoughts with pleasant ones, and it was a terrific experience. She took a course on mobilization of the nervous system which explains how pain pathways work and how chronic pain can cause restrictions in the peripheral nerves that need to be stretched and given circulation just like the muscles! The course even explained why joking around in the gym works. . .so now Heather can justify all her bad gym jokes. . .

Jaime did a great job at the helm while Heather was out on maternity leave so we had a seamless transition time. She also had the pleasure of keeping us organized when the clinic flooded right before Heather's vacation in November! Her sense of humor, extraordinary physical therapy skills and work ethic have been a terrific asset! She took a course about the psychological issues that may arise during physical therapy. She enjoyed a trip to Key West this year, and is looking forward to a Caribbean cruise in January.

We are glad to announce the addition of **Nancy Ungoco, PT** to our team. Nancy replaced Lynne Pederson who transitioned to a full time position in Salem in July. Nancy has a strong background in exercise progression and athletic training as well as manual therapy. Many of you have said working with Nancy is the same as working with Heather. She took a course on advanced diagnostic skills this year. She graces us with her calming demeanor, great smile, and superb skill (oh, and the best stick figures we've ever seen).

Susan Bamberger, PT offers vacation coverage for us and is certified in the McKenzie Method of therapy! She will be growing her practice at the clinic over the next year, and teaches fun, functional exercises.

Liesl is the glue that keeps it all together for us! She has continued to provide excellent service by taking care of all our scheduling, billing, and miscellaneous needs (including lots of phone calls when we had our flood)! She has worked to update our website, transition to a new billing program, and keep our marketing programs moving forward among many other things. We often wonder what we would do without her... though we did let her go off for a little while to enjoy a trip to Ohio with her family for a family reunion!

Please feel free to give a call or email with any updates or concerns about your health or your progress with your home program! Enjoy a **safe and healthy Holiday** season and a terrific 2008! **Look for our newsletter online with tips to start your year off right and how to safely shed those holiday pounds!**

All the Best to you and yours,

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Heather, Jaime, Nancy, Susan, Liesl