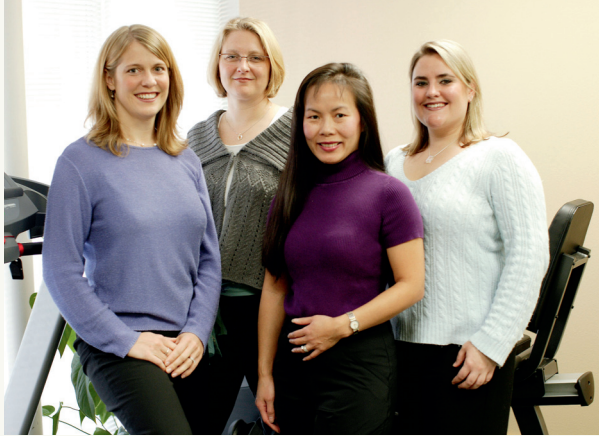


Goodell Physical Therapy & Fitness Training

You don't have to live with pain anymore



Heather Purdin Goodell, PT,
Susan Bamberger, PT, MDT,
Nancy Ungoco, PT, and Jaime Racine, PT

Many people who live with pain are unaware of the benefits a physical therapist can provide. Heather Goodell and the team at Goodell Physical Therapy & Fitness Training are striving to change that.

Goodell has been practicing physical therapy in Oregon for nine years, and when she opened Goodell Physical Therapy & Fitness Training in 2005, her mission was simple—to provide the best affordable physical therapy and fitness training services to anyone in need, all the while emphasizing the wellness of the whole person.

In addition to Goodell, the practice is made up of three other therapists—Jaime Racine, PT, Nancy Ungoco, PT, and Susan Bamberger, PT, MDT—while Office Manager Liesl Jeck works with clients and their insurance companies to ensure smooth, no-hassle administration of medical benefits.

Goodell believes physical therapists are misunderstood by the general public. In short, physical therapists are trained to analyze every micro-movement a joint or muscle makes, which allows them to understand the origins of pain and how best to treat it. “We adjust and manipulate the spine and other joints,” says Goodell, “but we offer a more permanent fix by reprogramming problem muscles and balancing their strength and flexibility so they don’t pull you back out of alignment. And we teach people to be aware of what their muscles are doing, and give them the tools to take care of their own bodies.”

Goodell Physical Therapy & Fitness Training

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Those who come to Goodell Physical Therapy are wide ranging in age, background, lifestyle, physical abilities, and goals. “Everyone who comes in is unique, and my approach may be totally different for two people with the same basic problem.” While most clients come for some kind of rehabilitation, about 20% come simply to learn preventative wellness. “They want to be pushed to exercise safely,” says Goodell. “We are experts at finding the proper exercise intensity, whether their goal is to walk again or to excel in their sport.” Goodell and her staff even work with personal trainers and yoga instructors interested in improving what they can offer their own clients. “We’re able to show them body mechanics and the best way to avoid injuries, and they can pass that along in their own work.”

For the people who come to Goodell Physical Therapy because of some kind of pain—either chronic or acute—the staff has the vast experience and medical training to develop personalized treatment plans. Says Goodell, “We try to heal the whole person by determining entire body mechanics and other big picture issues like lifestyle choices that

might be playing a role in the pain. We find we get excellent results this way.”

Those results don’t come easy, and Goodell and her team make sure each client knows that going in. “People who come here get homework, but if you’re sick of dealing with pain and you’re motivated to do something about it, then we can get results.” Goodell appreciates that her clients have busy lives, and she addresses that with the treatments. “We walk through a person’s day and figure out time management—how we can work things in. If you spend two minutes brushing your teeth each morning, that’s two minutes you can do your squats.”

The team at Goodell Physical Therapy recognizes there is great frustration in the loss of proper body function, so they strive to inspire hope in each person who comes through the door. And they will show each client how his or her body came to be where it is and how it’s possible to fix it from a scientific standpoint. “It makes a big difference when people learn that things can change,” says Goodell. “That’s the first step—to see hope. It’s a wonderful feeling.”



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