



LISA GOODMAN

DC, CCSP, ICSC, CACCP, CF LI,
CF KIDS, WEBSTER CERTIFIED

BACKGROUND

Dr. Lisa Goodman was born in Minneapolis, MN and grew up around the world, living in Copenhagen, Madrid, and Philadelphia during her youth. She is a self-proclaimed mediocre athlete with a ton of heart. Growing up she played soccer, softball, golf and figure skated. She was also involved with her high school football team as a team manager and assistant athletic trainer. During college, Lisa worked as a camp counselor at Camp Wekeela in Maine for two summers and shortly after, moved to San Francisco where she worked at the famed, Goodby, Silverstein, & Partners as a Media Planner. She has one sister, Jill who is a guardsman in the Air National Guard on full time orders in Omaha. Dr. Goodman's husband, Joe is an advisor to Wash Park Chiropractic and works for Proctor Productions, an experiential marketing design and fabrication company in Denver. Dr. Goodman's mom, Deb is semi-retired, lives in Denver and can often be seen at the office helping out or receiving treatment!

EDUCATION

After attending high school in Eagan, Minnesota, Dr. Goodman vacated to the warmth of South Florida where she attended The University of Miami. While at 'The U', Dr. Goodman walked-on to the Crew Team and was a varsity rower. Graduating in 1998, she completed one year of postgraduate, pre-med studies at The University of Minnesota. In 2003, Dr. Goodman choose to return to school where she attended Palmer College of Chiropractic, West in San Jose, California. While at Palmer she was a dedicated member of the PCCW Student Sports Council serving as both Marketing Manager and President. She graduated magna cum laude as class valedictorian in September 2006, and opened Wash Park Chiropractic one month later. Dr. Goodman completed the Certified Chiropractic Sports Physician (CCSP) certification and Webster Prenatal Certifications in 2007. In addition, she completed the rigorous and challenging Pediatric Credential, Certified by the Academy Council of Chiropractic Pediatrics (CACCP) in 2014. She also holds an International Certificate in Sports Chiropractic (ICSC) from the International Federation of Sports Chiropractic.

WHY ARE YOU A SPORTS, PRENATAL, AND PEDIATRIC CHIROPRACTOR?

Dr. Goodman is very competitive by nature. Which is likely why she continues to be an avid (decent) athlete, playing soccer every week, CrossFitting nearly daily with the occasional competition, and golfing as often as time allows. She is also super competitive at board games by the way. Her competitive nature and interest in preventative health care has driven her to strive to know more than anyone else about her chiropractic specialties. Having had two fun and easy pregnancies along with two unmedicated births while maintaining her fitness lifestyle, motivated Dr. Goodman to combine existing and growing sports chiropractic background with her prenatal expertise. With kids now in elementary school, Dr. Goodman's practice continued to evolve to adapt to her community including newborn, toddler, preschool, grades school and middle/high school aged kids.

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

Running the business of Wash Park Chiropractic is truly her calling and passion. She generally has to tear herself away from planning the growth and evolution of patient care and her stellar team to spend time with her family and community! In addition to CrossFit, Soccer and Golf, Dr. Goodman spends a lot of her free time giving back to the community. She is often seen at Lincoln Elementary School picking up her kids or sharing Wash Park Chiro swag at school events. She loves to teach and can be spotted at Metro State University, South High School or Denver Waldorf School guest lecturing. She also teaches several taping and mobility classes at local gyms, or to doula groups that provide support and assistance during childbirth. Dr. Goodman has a healthy obsession for social media and is often working months ahead on posts to educate our community on self care. She also posts DIY taping and exercises regularly on the Wash Park Chiropractic YouTube Channel. During the months of January-June she spends a lot of free time planning her labor of love, the Kingsbury Open. She is also an avid reader/audiobook listener and her favorite books are Lord of the Flies, Twilight and America's First Daughter. One top secret nugget of knowledge is that you won't often find Dr. G on the hiking trail or camping in a tent (shhh).

AREAS OF SPECIAL INTEREST

Ankle and foot injuries, wrist pain, aggressive non-surgical treatment for disc herniations, infants and elementary and middle school aged athletes. Dr. Goodman also enjoys bring chiropractic to international sporting events. Among some of her favorites include the World Sport Games in Tortosa, Spain in 2019, The Senior US Open at the Broadmoor in 2018 and The Senior US Open at the Omaha Country Club in 2021.