

## Jonathan A. Benfield, DO: Pioneering Interventional Pain Medicine and Lifestyle Approaches at Intermountain Health

Leading Expert in Pain Management and Rehabilitation Enhances Patient Care Across Utah Valley and Salt Lake City



**New York City, New York Feb 3, 2025 ([Issuewire.com](https://www.Issuewire.com))** - Jonathan A. Benfield, DO, a highly regarded physician specializing in interventional pain medicine, physical medicine and rehabilitation, clinical nutrition, and lifestyle medicine, is making significant strides in patient care as the Enterprise Senior Medical Director for Pain Medicine, Nutrition Services & Lifestyle Medicine at Intermountain

Health. Affiliated with Intermountain Health Utah Valley Hospital, Intermountain Health Spanish Fork Hospital, and Intermountain Health Orem Community Hospital, Dr. Benfield is dedicated to improving the quality of life for patients suffering from chronic pain through innovative, integrative treatments.

With multiple practice locations including Utah Valley Pain Management, Utah Valley Pain Management - Spanish Fork, Utah Valley Pain Management - UVH Sorenson Tower, and Salt Lake Clinic - Physical Medicine and Rehabilitation, Dr. Benfield provides comprehensive evaluation and management of chronic musculoskeletal and spinal pain in adults. Utilizing advanced techniques such as diagnostic therapeutic ultrasound, fluoroscopic-guided injections, and neuromodulation therapies including radiofrequency ablation, he tailors treatment plans to meet the unique needs of each patient.

Dr. Benfield's holistic approach encompasses not only physical treatments but also psychological support, integrating behavioral health consultations to address the mood disorders often accompanying chronic pain. His goal is to reduce pain, enhance daily functioning, and optimize overall quality of life. Each treatment plan is personalized, and Dr. Benfield is committed to ongoing evaluation to ensure the best outcomes for his patients.

His extensive educational background includes a Bachelor of Applied Science in Nutrition Sciences from Brigham Young University in 2008 and a Doctor of Osteopathic Medicine from the Arizona College of Osteopathic Medicine in 2012. Dr. Benfield completed his residency in physical medicine and rehabilitation at the University of Texas Health Science Center in 2016 and further specialized with a fellowship in pain medicine at the said institution in 2017. A year later, in 2018, he achieved board certification in both pain medicine and physical medicine and rehabilitation through the American Board of Physical Medicine and Rehabilitation.

Beyond his clinical practice, Dr. Benfield is actively involved in several professional organizations, including the American Osteopathic Association, the American Academy of Physical Medicine and Rehabilitation, the American Osteopathic College of Physical Medicine and Rehabilitation, the Bexar County Medical Society, the Spine Intervention Society, the Texas Medical Association, and the Texas Pain Society. His commitment to advancing the field of pain management and rehabilitation underscores his role as a leader in the healthcare community.

### **Learn More about Dr. Jonathan A. Benfield:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3428254-Jonathan-Benfield-Physiatrist-Physical-Medicine> or through Intermountain Health, <https://doctors.intermountainhealth.org/provider/jonathan-a-benfield/2561639>

### **About FindaTopDoc.com**

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

## Media Contact

Your Health Contact

\*\*\*\*\*@yourhealthcontact.com

Source : Dr. Jonathan A. Benfield

[See on IssueWire](#)