

# PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

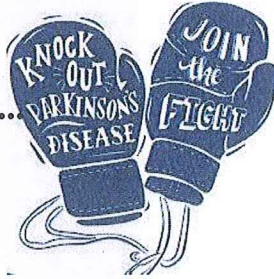
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August 2019

## From the Desk of Andrea Miller

We have some exciting news...



Hello everyone,

I hope that this newsletter finds you all doing well and enjoying the summertime! It's so hard to believe that the 4<sup>th</sup> of July has already come and gone...why does the summer (and time) always have to go so fast? I remember as a kid I was always wishing for time to go faster, and my dad always telling me I would regret wishing for that one day. He was right...the older I get, the faster time goes and the more I feel like the days go by and I haven't gotten enough accomplished! Oh what I would do for a few more hours in a day! One thing I did accomplish, however, was get Rock Steady Boxing (RSB) certified so that we could become a RSB Affiliate, right here in Fleetwood, PA!

Why did I decide to become a RSB affiliate? I had the privilege of participating in RSB classes when I was interning at Dan Aaron's Parkinson's Rehab Center in Philadelphia. I got to see the absolute joy and camaraderie it brought to those who have been diagnosed with Parkinson's Disease (PD). It was a chance for these fighters to get together at least once a week, along with their loved ones- AKA- "corner-men"- to literally fight back against PD. I had never experienced such an intense sense of empowerment for these fighters and it made me realize one day that I wanted to bring this amazing program to the Fleetwood area.

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Rock Steady Boxing is an intensive exercise class designed for those who have been diagnosed with Parkinson's Disease (PD). Anyone at almost any stage of PD can participate. Classes typically last 60 minutes. RSB includes but is not limited to: shadow boxing, heavy bag work, footwork, focus mitts, jump rope, core-work, and even calisthenics. In lay terms- you get to kick, punch, yell and have FUN- and literally kick Parkinson's Disease in the behind along with other fighters!

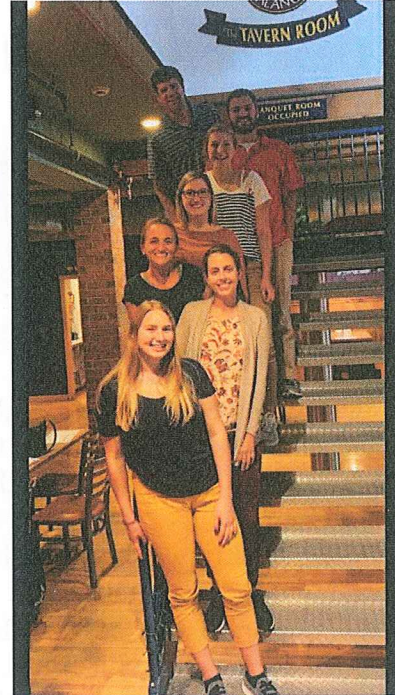
The logistics of everything are still being worked out but I am hoping to have the program up and running by November 2019. The classes are planning on being held at the IMG-PT office located in the basement of the Fleetwood Medical Center. Exact class times and dates have not yet been established but are anticipated to include Tuesday nights and Saturday mornings. If you, a friend, or a loved one have been diagnosed with PD and are interested in being a part of RSB Fleetwood, please give me a call at (610)-944-8140! Spaces will be limited to 10! Please also feel free to call if you would like to get involved as a volunteer! I promise, we will have a lot of fun! 😊



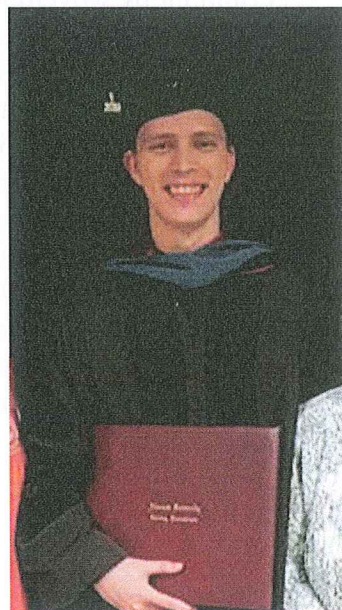
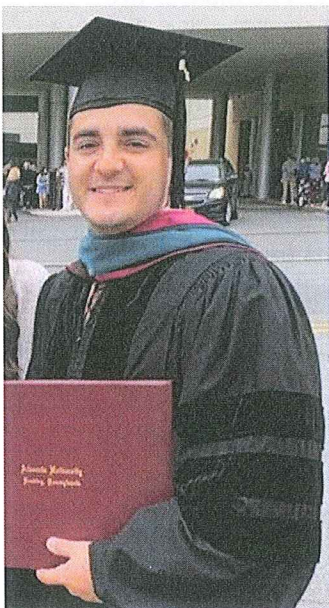
# Happenings at IMG-PT



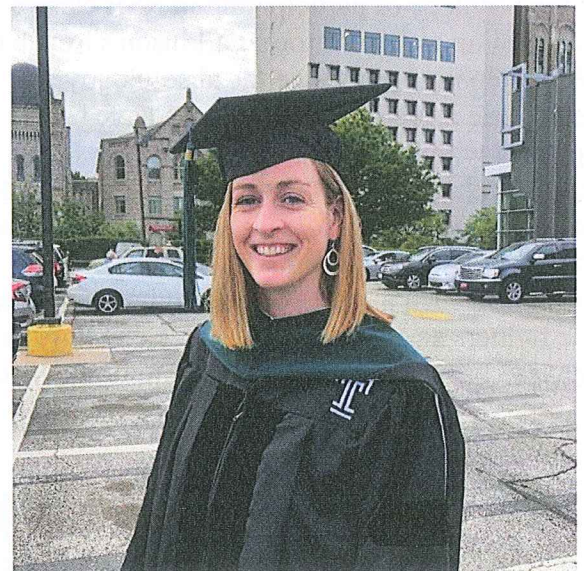
Congratulations Lauren on your graduation from Alvernia May 11, 2019 and on passing your boards. Lauren was one of our interns here from October 2018 - January 2019.



August 2nd we said goodbye to Sam and August 9th goodbye to Mitch and August 16th we will say goodbye to Cianna. All three were a great asset to our office and will be missed.



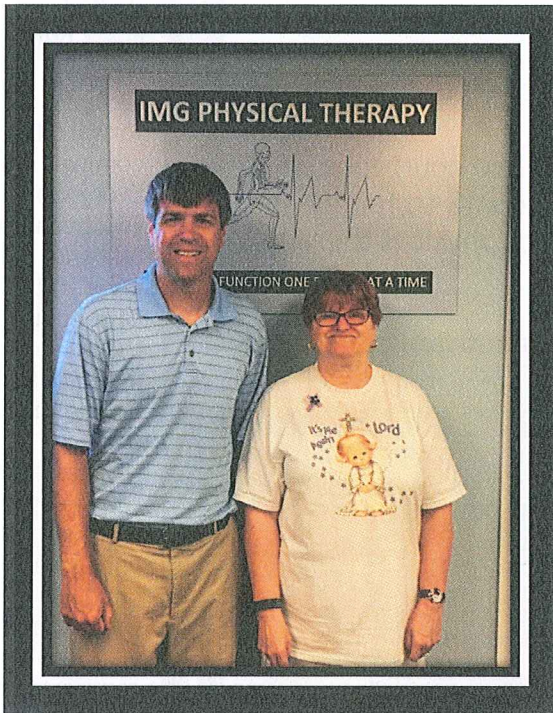
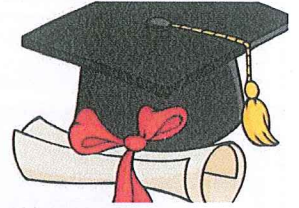
Congratulations to Seth and Steven on their graduation from Alvernia May 11, 2019. Seth and Steve were our interns here from January 21-April 12, 2019.



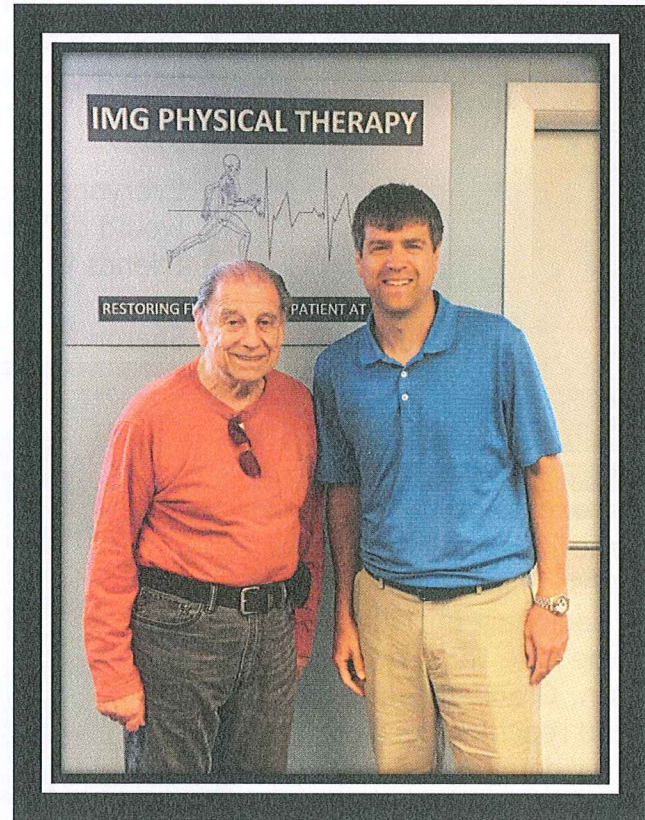
Congratulation Caroline on your graduation from Temple University May 10th. Caroline was one of our interns here from November 2018 to February 2019.



# THEY DID IT!!



"Thanks for all your help.  
I am 100% better."  
Rosemary B. 6-26-2019



"My pain started in November, 2018 and suffered throughout winter months with no relief. Pain continued into May 2019. I happened to see IMG on FB and decided to call. Eric Parrish asked me to come in and discuss my situation. After 1.5 hours and much discussion, he pinpointed my pain problem; including why it is occurring, the cause of pain and review of his program for me if I wanted to pursue it. I am athletic and play much golf and knew I could not play at this time. Eric's program in about 4 weeks of physical therapy, has eliminated 100% of my pain issues. The program, if followed by patient, has provided complete recovery. I played 18 holes of golf, free of pain and discomfort. Further, Denise should be commended for her work with my insurance carrier, and the staff who worked with me were courteous and professional which made the program easily accepted."

Albert C. 6-13-2019

**Our Patient's Are  
The Best!!**  
Thank you for your  
trust and support by  
sending us your  
family and friends.  
We couldn't do what  
we do without you.



"When first coming to PT I was very dizzy and had trouble doing daily routine activities. Could not bend over, move my head in any direction, drive a car, etc.. Eric was awesome. He was able to do a few maneuvers that totally eliminated my vertigo. He also helped me with some neck and back exercises to help with my posture and neck and back pain I was having.

Everyone was very friendly and courteous. I would definitely recommend IMG to family and friends if they are in need of physical therapy."

Sharon K. 5-31-2019

"I really benefited and enjoyed the great progress I had at IMG-PT. I had lower back pain initially and wanted to be able to garden again without pain. Gradually gardening, kneeling and reaching became easier - after doing stretching exercises suggested. After completion, I can garden for 1-2 hours at a time with minimal discomfort. My strength has increased significantly and I'm extremely pleased with the results. The group here is very supportive and kind, a great positive experience in all respects. I am a new woman!"

Diane S. 7-22-2019

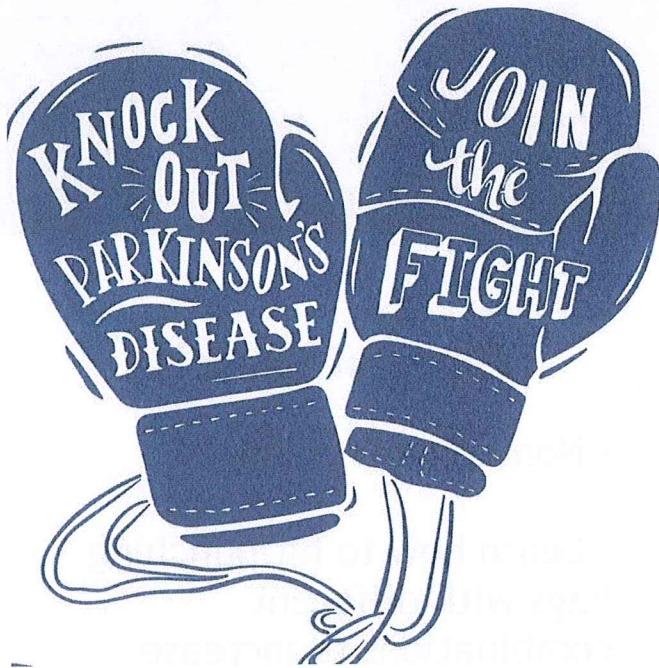


"My Experience with IMG-PT was wonderful. Everyone who worked with me to facilitate my shoulder improvement were very patient, kind and understanding. Andrea did a wonderful job of listening to my concerns & working on my shoulder to improve ROM. I am leaving with an improvement of 100%. How lucky am I? I would highly recommend IMG-PT to anyone who is in need of Physical Therapy with a personal, compassionate touch. The whole staff was wonderful and very friendly from day 1."

Marvlee F. 6-26-2019

"Can PT after knee surgery be fun? Not really I guess but I always looked forward to coming. Everyone at IMG became a friend. They truly care about their patients and helped me through several very tough days, with not only great hands on therapy but also fun conversations. The patients all were nice to talk to, compare notes and laugh with. It was a great place to not only get PT but also good and well informed answers to questions. Thanks to all, therapists, students, assistants and Denise."  
Donna M.  
7-18-2019

# Knock Out Parkinson's Disease with Rock Steady Boxing



You are not alone!!

More than 1 million people in the United States have been diagnosed with Parkinson's Disease.

More than 60,000 people are diagnosed every year.

What is Parkinson's Disease?

- A disease that affects a person's movement and coordination that will progress slowly over time
- The disease occurs due to a loss of a chemical in the brain called dopamine

Characteristics of Parkinson's

- Stiffness
- Slow walking speed
- Resting tremor
- Soft speech
- Small handwriting
- Difficulty swallowing



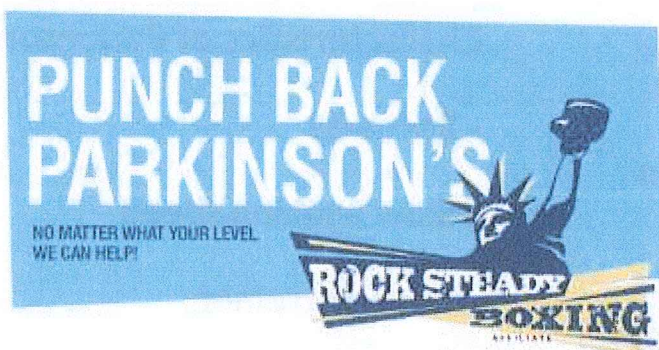
## Benefits of Boxing

- Benefits can be experienced no matter what stage of the disease you are in
- Exercise involves learning new skills and high physical activity
- Research has shown that high intensity exercises can reduce, reverse, or even delay the progression of Parkinson's Disease
- Increase independence and confidence in yourself
- Check with your neurologist before beginning a new exercise program!



## Types of Exercise

- Non-contact boxing
- Learn how to hit punching bags with different combinations to increase coordination
- Focus of footwork through balance exercises
- Count your punches out loud to increase the strength of your voice
- Stretching to reduce stiffness
- Quick motions to get your muscles working



If you would like to learn more or sign up for the next class please call us today.

**610-944-8140**



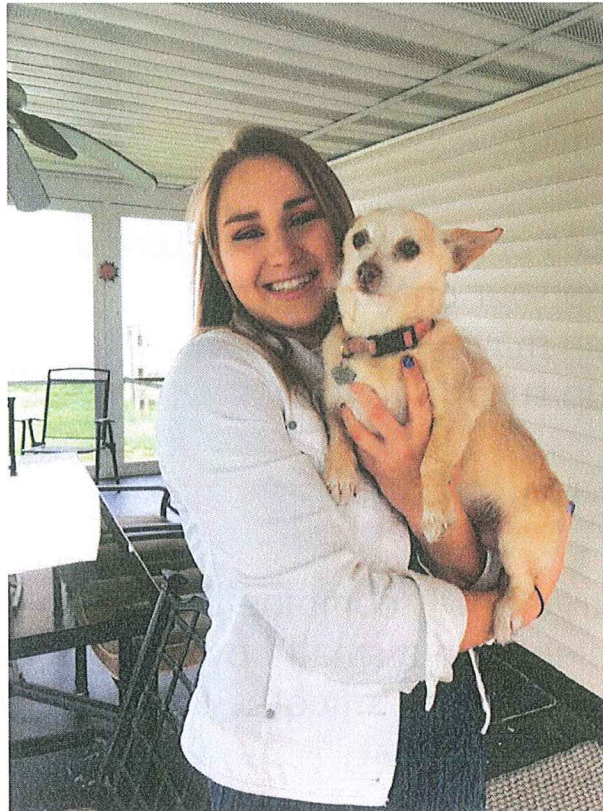
## Employee Profile:

### *Jordan Napkora*

Hey everyone! My name is Jordan and I'm the new aide here at IMG Physical Therapy. A little background about me... I grew up in Reading, PA, and attended school at Exeter, where I ran cross country and track. After I graduated from Exeter, I moved onto Penn State University where I majored in Kinesiology. My dream is to move on to physical therapy school to receive my DPT.

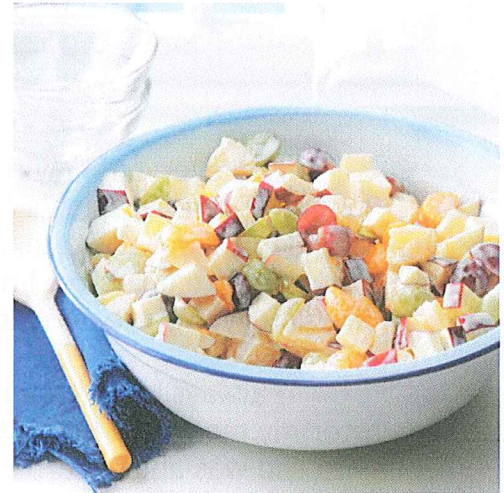
I always knew I wanted to go into the medical field. I decided on PT after my mom tore her ACL since I had to take her to most of her appointments until she was able to drive. The welcoming atmosphere and connection my mom had with her therapist inspired me to begin shadowing therapists to see if this really is what I wanted to do. After working here for the past 2 months, I am confident this is where I want to take my life and I can't wait to continue to learn more each day.

A few things about me... I love dogs, I will talk about my brother's dog Barkley nonstop, and my dog Aggie is also pretty cool (even though she can be really mean, I still love her). Outside of work I like spending time with my family and friends, finding new ways to exercise, and eating wings with ranch on the side, of course. I love meeting new people and socializing. I'm very excited to continue to work with everyone!



# Company Fruit Salad

Prep/Total Time: 20 min. Yield: 20 servings



## Ingredients:

- 4 medium Golden Delicious apples, diced
- 4 medium Red Delicious apples, diced
- 2 cups seedless green grapes, halved
- 2 cups seedless red grapes, halved
- 1 can (20 ounces) pineapple chunks, drained
- 1 can (11 ounces) mandarin oranges, drained

## Dressing:

- 3 ounces cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 cup sugar

## Directions:

In a large bowl, combine the first 6 ingredients. In a small bowl, beat dressing ingredients until smooth, pour over fruit and toss gently to coat.