

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

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January 2019

From the Desk of Eric Parrish

The More Things Change The More They Stay The Same.....

Hello All,

I hope everyone had a great Holiday Season. Another New Year is upon us and I hope you have had some time to reflect on the previous year as well as set some goals for the New Year. I know this last year was a great year for our office and we are looking forward to another fantastic year in 2019. In light of our increasing patient population we were excited to hire another Physical Therapist to continue to provide the quality of care that we have been able to build a successful practice on. After interviewing several very qualified candidates, we finally made the decision of hiring one of our previous aides, Andrea Miller (the Physical Therapist formally known as Andrea Dietrich, she got married Sept 2018). So as the title of the article would suggest what once was from 2011-2014 has now returned again in 2019, and we are very excited to have her back at IMG-PT with her Doctorate of Physical Therapy from Temple University.

Andrea specializes in balance and walking problems with an emphasis on patients with Parkinson's. She also has done extensive studying on patients with chronic pain and has trained on the latest techniques to help these patients get pain relief when other treatments and therapies have failed. She is excited to be back working in her hometown of Fleetwood. Andrea is a very caring individual who will treat each of her patients like "precious cargo". I can attest to this, when she was working as an aide, I had accidentally locked my keys in the car and she was kind enough to drive me back to my house to get my spare set of keys, along the way I noted she was driving very cautiously.....as in so cautiously I wanted to introduce her to someone.....3rd gear. She replied to me that she needed to be careful, she was transporting "precious cargo".

INSIDE THIS ISSUE

From the Desk of...	1
Happenings from IMG-PT	2
Graduations	3-4
Shoulder Rehab	5-6
Student Profile	7
Recipe	8

I of course looked around the car assuming she had some breakable glass in the back, or possibly another person she cared about was sitting in the back seat. I was astonished to find out she was talking about me. Just like she took care of me, she will take care of you in getting you from where you are to where you want to be. She will go out of her way to be helpful and take her time with each patient to make sure they reach their rehab goals.

I hope your new year has started well, but maybe your shoulder is a little achy from hanging the tinsel or trimming the tree. Possibly you strained it carrying around all those packages, boxes, and bags. If you are having any shoulder pain than this month (January) we are offering a free consultation for shoulder pain. Don't let an achy shoulder keep you from getting a good night's sleep or prevent you from putting on your favorite winter coat without grimacing. Give us a call at the office 610-944-8140 (Denise) and schedule a free shoulder consultation today, act soon because spots are limited. Myself and everyone at IMG-PT want to wish you a great start to the new year and a fantastic 2019.



Happenings From IMG-PT



April and John Henne, October 13, 2018.



Heather Fisch graduated from Drexel Univ. April 2018. She is now working in NJ at a multi-disciplinary clinic since August and loves it. Heather was with us January-March 2018.

REFER A FRIEND

and

GET A GIFT!!

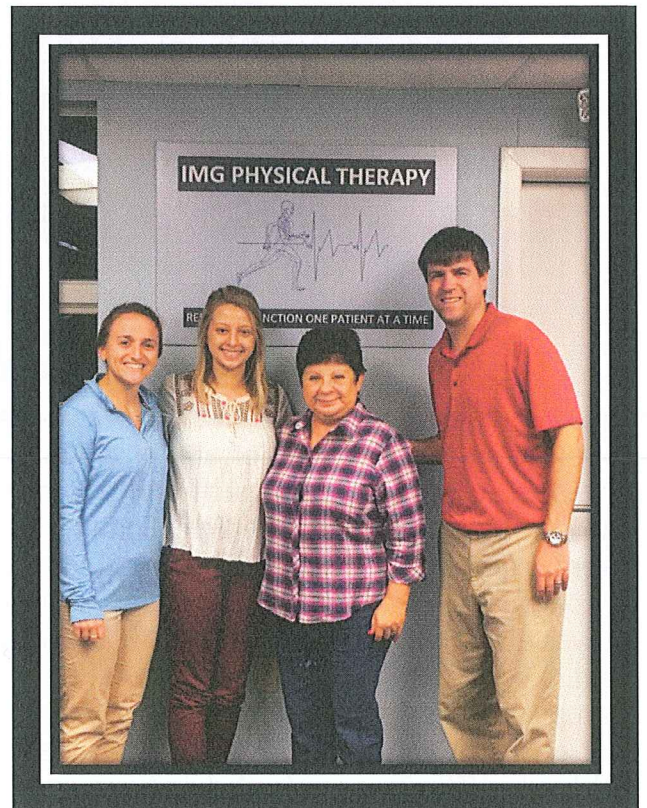
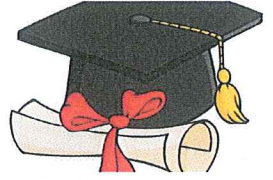
They must come in four or more visits for you to receive either a t-shirt, phone charger, executive tool kit, cooler bag or drawstring bag. If you send a second person who comes in four or more visits then you will receive a \$25 gift card, 3 or more referrals will earn you a \$50 gift card.

THANK YOU!!

610-944-8140



GRADUATIONS!!



"I couldn't have went to a better place for PT. Was almost immobile with my right arm. Today I can do most anything except raise my right arm straight up, that part was not repairable at surgery. I am 85% better today than when I started.
I would recommend IMG-PT to anyone."
Carl M. 11-14-2018

"Physical Therapy has increased my endurance and stamina. My breathing has improved due to cardiac rehab. I feel energized! I can use the treadmill, bikes and do exercise in comfort. Thanks everyone at IMG! It's been a pleasure and healing experience!
You have a great crew with two great guys (Chris & Eric) and secretary, Denise!
Love you Gouda!"
Patricia S. 12-06-2018



"I came in with pain in my lower back that was going down my leg. Was having trouble with work and everyday activities. After a few PT sessions my pain was much less. I am now pain free. Would highly recommend IMG Physical Therapy." Todd D.

"I could not lift my shoulder above shoulder height before therapy. It was extremely stiff and somewhat painful to move if lifting my arm too high. Coming to IMG-PT was a great experience. Everyone is very pleasant and helpful. It was actually an enjoyable experience every time I came in. It was also a huge success. I can lift my arm without pain and have regained almost all of mobility in my shoulder. I can put dishes away in overhead cabinets, hang up laundry, put on a dress shirt & tuck it in, as well as put on a belt without difficulty or pain. It has been an absolutely great experience coming to IMG-PT. I will recommend it to anyone who needs PT."

Randy B. 11-21-2018



"The experience was very good. All personnel were experienced and very friendly. I would recommend IMG to work with anybody. My pain was reduced to almost nothing.

Thank you and God bless."

Roy L. 11-28-2018



Overhead Shoulder Strengthening Program

4 Simple Shoulder Stretching & Strengthening Home Exercise Sheet

Rehabilitation of the shoulder may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the shoulder can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- * When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

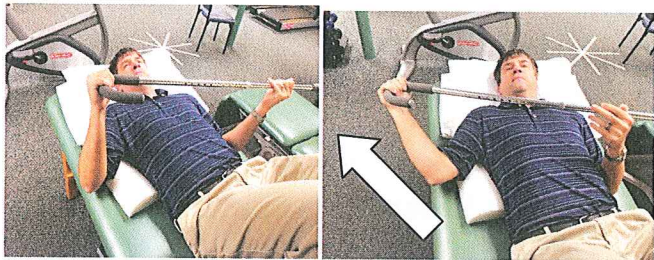
These exercises are to be done 1 time a day.

Perform 10-30 seconds holds for 3-10 repetitions for stretching exercises

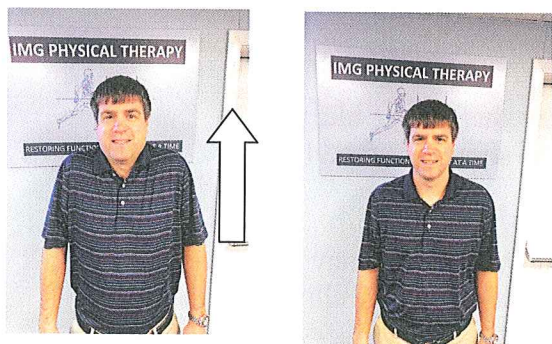
Perform 2 sets of 15 repetitions for strengthening exercises

Ice for 15 minutes after exercise and at the end of the day.

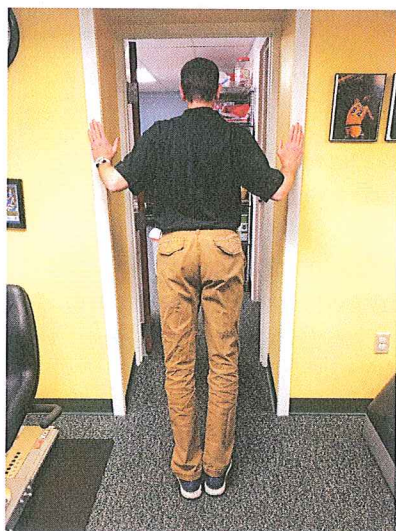
Do not ice before exercising.



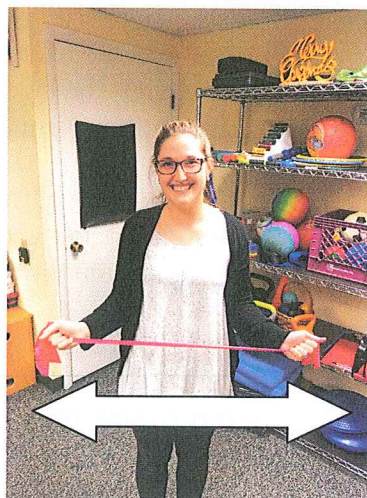
Shoulder ER Cane Stretch: With your elbow bent to 90 degrees, use a cane (bar, etc) to push your hand back at an angle keeping your arm at same place and elbow bent. Hold for 10-30 seconds. Do for 5 minutes



Shoulder Shrugs: Start with arms at your side. Lift your shoulders up toward your ears and then gently roll your shoulders back. If easy you can add weights in your hands. Perform 2 sets of 15 reps.



Doorway Stretch: Stand in a doorway or a corner of a room. Hands should be placed at shoulder height. With one foot in front of the other or both feet together, slowly lean into the open space with your body until you feel a stretch in your chest are areas. If painful, perform just one arm at a time. Hold for 30 seconds. Repeat 3 times.



Scapular Pinches with Tubing: Stand with elbows bent to 90 degrees. Pinch your shoulder blades back and together. This motion should cause you to slowly pull your hands apart while keeping your elbows tucked into your side. Perform 2 sets of 15. If easy increase the resistance. You can use weights if you do not have resistance tubing.

IMG-PT STUDENT PROFILE:

CAROLINE

Hello!

My name is Caroline Hodgins. You may hear me referred to as “condor” around the gym due to my great wingspan. I am on my clinical rotation at IMG-PT until February 1st. I am currently a student at Temple University and will graduate in May 2019 - I can see the light!

I went to Towson University and Bloomsburg University for my undergraduate education in exercise science. I

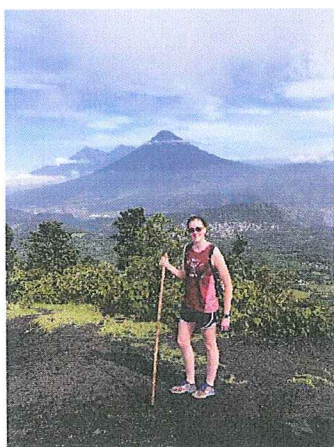
swam all 4 years of college and am still involved in the sport through coaching. I specialized in freestyle, especially distance events and I am an NCAA Division II All-American athlete.

I live in Collegetown with my parents and two brothers (who also all graduated from Bloomsburg University). I love to play cards and board games, hike, swim, and hang out with my boyfriend, family, and friends. I enjoy traveling to new places when I have the opportunity. My favorite place I went was Hawaii. I also went to Guatemala in the summer of 2017 with a group from school. We ran a clinic for children with physical disabilities which was a very rewarding and fun

experience. We also hiked an awesome volcano at the end of the trip. In my free time I also enjoy watching TV shows such as Vikings, Game of Thrones, Grey’s Anatomy, and How to Get Away with Murder.

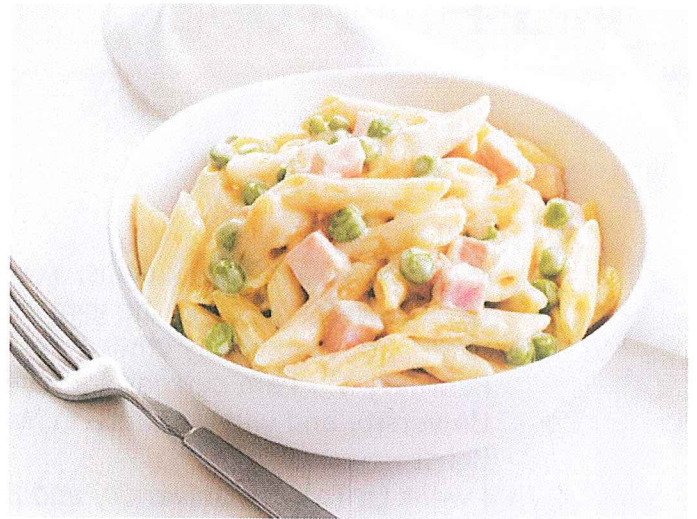
My interest in physical therapy started in high school when a friend of mine got in a bad motor vehicle accident and was temporarily paralyzed due to a spinal cord injury. Through physical therapy he was able to progress from being in a wheelchair to walking normally again. My interest continued to grow as I became a more serious athlete in college and did more weight-training (or “dryland training” as swimmers refer to it).

I look forward to continuing to work with and get to know everyone here at IMG-PT. So far it has been a great experience and I am learning a lot!



Four-Cheese Pasta with Peas and Ham

Prep: 10 min
Cook: 20 min
Yield: 4 servings
Level: easy



Ingredients:

Kosher salt

12 ounces penne

1 cup frozen peas

2 large eggs, plus 1 egg white

1 cup evaporated milk

4 tablespoons unsalted butter

3 ounces sharp cheddar cheese,
grated (1 scant cup)

3 ounces part-skim mozzarella
cheese, grated (about 1 cup)

3 ounces fontina cheese, grated
(1 scant cup)

3 ounces ham diced

1 ounce parmesan cheese,
grated (about 1/2 cup)

Directions:

1. Bring a large pot of salted water to a boil. Add the pasta and cook until very al dente, about 8 minutes, adding the peas in the last 2 minutes of cooking.
2. Meanwhile, whisk the eggs, egg white, evaporated milk and 1/2 teaspoon salt in a bowl.
3. Drain the pasta and peas; wipe the pot dry and return the pasta and peas to the pot. Add the butter and stir to coat. Add the cheddar, mozzarella, fontina and the egg mixture. Place the pot over medium-low heat and cook, stirring constantly, until thickened, 8-10 minutes, adding the ham halfway through cooking (don't let the mixture boil or the eggs will scramble). Remove the pot from the heat and stir in the parmesan.