

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



September 2019

From the Desk of Chris Gordos

Bucket List



Hello to all of our faithful followers:

Have you seen the movie with Jack Nicholson and Morgan Freeman called the "Bucket List." It is a great movie with a message about creating a list of things that you would like to do before you die and trying to cross off as many as you can. Most people have a bucket list with places they want to go, things they want to do, and mementoes you want to leave as a legacy. When I was growing up I always wanted to visit 3 places in the world: Australia, Hawaii, and Alaska.

By age 22 I had never left the country, not even to Mexico, Canada, or any little Caribbean Island. I went to my first bucket list country, Australia, at the end of my graduate year of PT school to visit my brother. The second place I went was to Hawaii for my Honeymoon at the age of 26. I crossed my last place off my list by taking my family to Alaska on a cruise this August at age 45. All three places are amazing and I would be unable to rank one in front of the other. The crazy part is that my 11 year old daughter has done all of these already. I have to thank my lovely wife for pushing me and allowing us as a family to prioritize creating great adventures for memories. I remember my grandmother telling me that her biggest regret in life was not traveling with my grandfather when they were younger and just when he was getting to the age of retirement he passed away. My father passed away when he was very young. The reason for telling you this information is not because I want you to feel sorry for me, but to remind you (and myself) that if you put off doing amazing things in life to a later time, that the later time may never come!!

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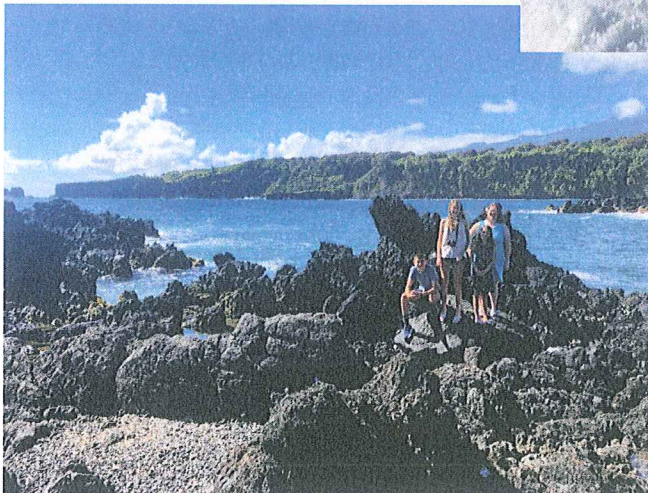
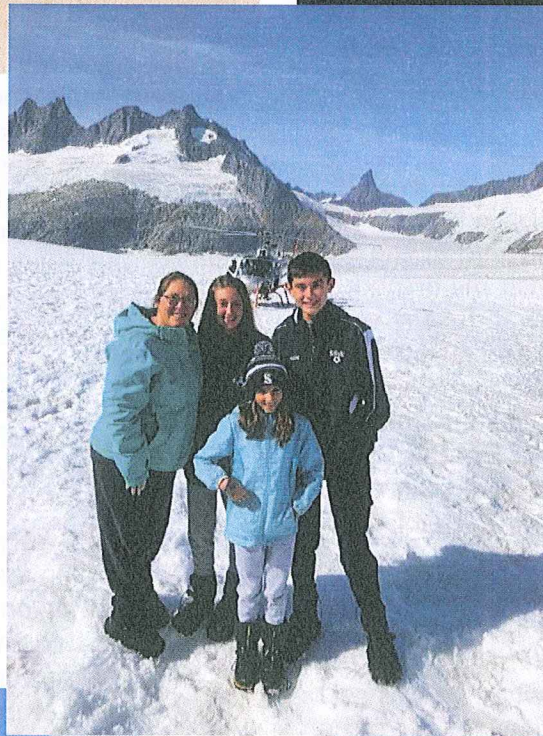
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At the age of 45 I need to create a new bucket list of places to see and things to perform for the future. I would like to take my wife to Ireland to visit her family homeland. One thing I have always wanted to do is skydive. I am going to wait on that until I am in my 70s or 80s to skydive in case the chute doesn't open. I do not want to leave any loose ends behind with my family. While I was on the cruise to Alaska we did the "I Fly Experience" which is like skydiving in a tube. It was awesome. The only thing that is close to skydiving is scuba diving and doing that on the Great Barrier Reef is an amazing experience. So...I am asking all of you to submit your top 3 things on your bucket list. We will post them on our Facebook Feed and if I add one of your suggestions to my list you will win a prize from the office. I need some suggestions and look forward to your ideas.

If you or one of your siblings or parents are suffering pain and limited with being able to cross off something on your (or their) bucket list, please call our office and we will schedule you for a free screen. Based on our schedule, I only have 6 slots open in September for the first who call and use the phrase "Bucket List" for one of these free screens. This offer expires on September 30th.

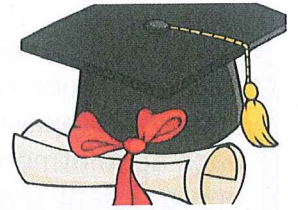
One more quick note. We have such an amazing staff and understanding patients that I want to thank you all for allowing me the opportunity to travel with my family. I look forward to sharing my world adventures with you and your family in the years to come. Go out and have an Adventure!!!

Vacation Pictures from Chris





THEY DID IT!!



"After months of shoulder & arm pain with no relief, I finally began physical therapy with Andrea and her team. My arm was weak, I couldn't reach above my head, and my range of motion was severely prohibited. As a mother & musician, it had a big impact on my daily life.

Within a week I began to notice significant improvement-not just with pain relief, but with strength. After a few weeks I was playing baseball and lifting heavy bags. I was shocked to find out that if I did have pain I bounced back within hours. The strength I was developing was impacting me further than my original injury. It was helping me become all-around more healthy within my arm, shoulder & even neck.

And the best part is that Andrea and her assistants taught me how to continue my good health through home exercises-a gift that will last past my visits. I thank them for their time & care, and highly recommend them to anyone who wants better health."

Kim A. 6-20-2019



**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.**

"Before physical therapy, I was on crutches and couldn't bend or put any weight on my left leg. Now I am able to return to the sport I love. Over the course of physical therapy, I ditched crutches, regained muscle, and worked on my endurance. The staff was very friendly and as friendly and helped me to make a speedy recovery. This experience was far more enjoyable than any other physical therapy encounter. I just want to say Thank You for everything you've done!"

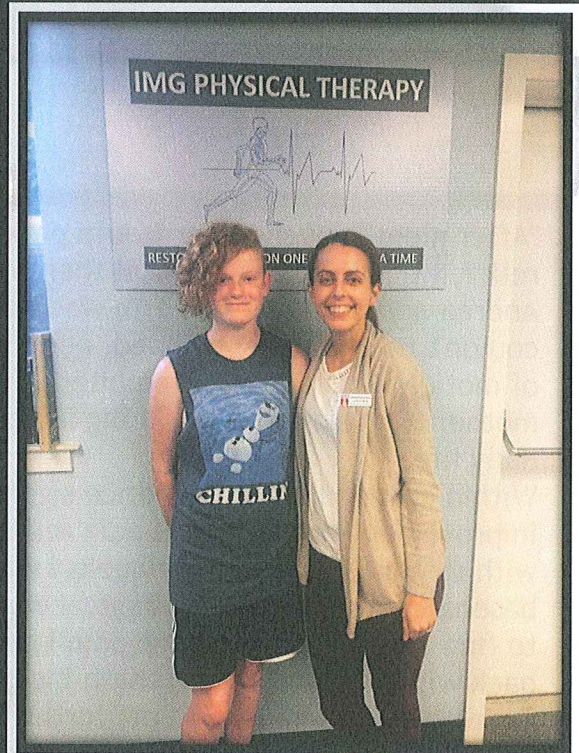
Liv M. 7-2-2019

"My Experience here has been a pleasure. Such friendly, uplifting people give the feeling of looking forward to each appointment. Concern for me and wishing for improvement shows with everyone I have dealt with. I'm sure as need shows for therapy that I will be coming back here. Thanks so much to everyone who has made a wonderful effort to help me!!"

Darlene R. 8-22-2019

"The staff here at IMG were very enjoyable to be around. Very helpful. I also enjoyed the humor shared. I feel like it was worth coming here. I came for pain in my lower back & pain in my spine. I still have some pain, but it is definitely better. The pain in my lower back used to be almost constant but now is only very occasionally. Also my rib pain that used to bother me a lot is now only occasional too! Will recommend you all!"

Tina I. 7-8-2019



"Before coming in I had a really bad hurdle accident where I couldn't walk properly or support my weight on my leg. My shin, knee & ankle were pretty screwed up and I walked on my toes to avoid pain. I couldn't swim butterfly or breaststroke without my ankle hurting.

Now, after physical therapy, I'm able to walk, run, jog, swim, jump & sprint again. I can fully support my weight on my right leg, and I'm once again able to play soccer, swim and run all I want."

Claire R. 6-19-2019

"We started off identifying the problems and set goals.

Every staff member was always helpful and pleasant.

Each visit new exercises were introduced.

I must say that day by day I felt better and stronger.

My hip and back area feels much improved and I will work at home to keep it that way."

Gail N. 8-7-2019

Sciatica: What you need to know

Sciatica is the name given to pain caused by irritation of the sciatic nerve. Anything that irritates this nerve can cause pain, ranging from mild to severe. Sciatica is usually caused by a compressed nerve in the lower spine.

Often, the term "sciatica" is confused with general back pain. However, sciatica is not just limited to the back. The sciatic nerve is the longest and widest nerve in the human body. It runs from the lower back, through the buttocks, and down the legs, ending just below the knee.

This nerve controls several muscles in the lower legs and supplies sensation to the skin of the foot and the majority of the lower leg. Sciatica is not a condition, but rather a symptom of another problem involving the sciatic nerve. Some experts estimate that up to 40 percent of people will experience sciatica at least once in their life.

Symptoms of sciatica

Sciatica can cause pain in the back and legs.

The main symptom is a shooting pain anywhere along the sciatic nerve; from the lower back, through the buttock, and down the back of either leg.

Other common symptoms of sciatica include:

numbness in the leg along the nerve

tingling sensation (pins and needles) in the feet and toes

This pain can range in severity and may be aggravated by sitting for long periods.

Fast facts on sciatica:

The sciatic nerve is the longest nerve in the human body.

The most common cause of sciatica is a slipped (herniated) disk.

Cognitive behavioral therapy can help some people manage the pain of sciatica.

Sciatica is not a condition; it is a symptom.

What are the treatments for sciatica?

We will look at treatments for acute and chronic sciatica individually:

ACUTE SCIATICA TREATMENTS

Most cases of acute sciatica respond well to self-care measures, which include:

Over-the-counter painkillers such as ibuprofen, which are also available to buy online.

Exercises such as walking or light stretching.

Hot or cold compression packs help to reduce pain. They are available to purchase online. It is often helpful to alternate between the two.

Not all painkillers are suitable for everyone; individuals should be sure to review options with their doctor.

CHRONIC SCIATICA TREATMENTS

Treatment of chronic sciatica usually involves a combination of self-care measures and medical treatment:

- [physical therapy](#)
- cognitive behavioral therapy (CBT) - helps manage chronic pain by training people to react differently to their pain

If you or someone you love is suffering with Sciatica pain or something that you think may be Sciatica pain, I would like to invite you to our **Free** Low Back Pain and Sciatica Workshop that we are having here at our office, Thursday, September 19th at 6:30 pm. We have a few seats available so please give us a call today at **610-944-8140** to reserve your seat .



Apple Spice Cake with Brown Sugar Frosting

Ingredients:

4 medium Honeycrisp apples, peeled and cut into 1-inch pieces (about 1 1/2 pounds)	2 C sugar
2 large eggs, room temperature	1/2 C canola oil
2 tsp vanilla extract	1 tsp salt
1 T pumpkin pie spice	2 C all-purpose flour
1/2 C buttermilk	2 tsp baking powder
1 1/2 C chopped walnuts, toasted	

Frosting:

- 1 (8oz) cream cheese, softened
- 1/2 C butter, softened
- 1 C confectioners' sugar
- 1 C packed brown sugar
- 1 1/2 tsp vanilla extract
- 1 tsp pumpkin pie spice
- 1 1/2 C chopped walnuts, toasted

Directions:

1. Preheat oven to 350°. Line bottoms of two greased 9-in. round baking pans with parchment; grease paper.
2. Place apples in a food processor; pulse until finely chopped. In a large brown, beat sugar, oil, eggs and vanilla until well blended. In another bowl, whisk flour, pie spice, baking powder and salt; gradually beat into sugar mixture alternately with buttermilk. Stir in apples and walnuts.
3. Transfer to prepared pans. Bake until a toothpick inserted in center comes out clean, 35-40 minutes. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely.
4. In a large bowl, beat cream cheese, butter, sugars, vanilla and pie spice until smooth. Spread frosting between layers and over top and sides of cake. Gently press walnuts into frosting on top of cake. Refrigerate leftovers..

Total Time: prep 30 min.,
bake 35 min.+ cooling

Yield: 16 servings

Taste of Home

