

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Eric Parrish

Signs of Inspiration/encouragement....

Hello to all, I hope this news letter finds you well. We were teased with the feel of spring early this year only to be thrown into the deep freeze once again. The signs of spring and renewal are returning once again and there is inspiration all around us. From the warm rays of sun on our face to the budding flowers and return of green grass, what an amazing time of year.

I think that everyone can use a little inspiration/encouragement in their life and that is especially true when working with people in the health care field. Sometimes you may feel like you are going through the winter of a time in your life, or if you like winter, the hot blazing summer of your life and you may not see any end in sight. That is when you need those little rays of warmth or oasis in the dessert to help you get by and feel like there are better days to come.

One analogy I can make of this is when I ran my one and only marathon. The race started great, 13 miles in and no problem, I was feeling really good. By mile 15 I was starting to feel the pain in my legs. At mile 17 I was needing help, feeling tired and worn out. There at the start of a hill was a woman giving out gummy bears and offering words of encouragement, it was just what I needed to keep going and not give up. Mile 23 I was really hurting, another water stop and friendly words of inspiration help me put one foot on front of the other. Mile 25.5, 1/2 mile left, my legs are now cramping up. A friendly fan offers up more words of encouragement and helps me get across the finish line. It was a great feeling to achieve that goal, but it would not have been possible without all the encouragement and inspiration along the way.

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At IMG-PT Chris and I strive to be an encouragement to our patients and get them headed down the right path to recovery, but I truly feel that a major part of people's recovery is the wonderful community atmosphere we have developed at IMG-PT. I cannot count how many times patients and gym patients have offered each other words of encouragement or told each other how much better they are looking. To a person going through a tough time in their life these words can be invaluable. I know Chris and I feel truly blessed to be working in such a great community and had such great patients both present and past who have not only encouraged each other, but inspired both Chris and myself with your kind words and enduring spirit to help each other along the way.

The journey of a thousand miles begins with a single step.
Lao Tzu

Even if you're on the right track, you'll get run over if you just sit there. Will Rodgers

Every strike brings me closer to the next home run.
Babe Ruth

If there is no struggle, there is no progress.
Frederick Douglass

Try not. Do, or do not, there is no try.
Yoda

Just keep going. Everybody gets better if they keep at it.
Ted Williams

You miss 100% of the shots you don't take.
Wayne Gretzky

It's not whether you get knocked down. It's whether you get back up.
Vince Lombardi

Student Profile: Robert Roncek



Hello everyone, I am excited to say that I am back! My name is Rob Roncek, or some of you may know me as, Broccoli. I am a third year student from the University of Scranton, and I am on my final clinical rotation here at IMG-PT. I was raised in Barnesville, Pennsylvania, which is in Schuylkill county, or as Eric likes to call it, "skook". I previously worked here at IMG-PT as an aide, so some of the faces I see around the clinic are familiar.

In my free time I enjoy power lifting, as I often times compete in competitions, or anything that has to do with exercise or being outside. I also enjoy long walks in the park, and painting Easter eggs with my girlfriend. After graduating from Scranton in May, I hope to be working as a full time PT in the outpatient orthopedic setting.



2013

New Employee: Cesar Avila



Hello to possible patients, friends, and or new readers. My name is Cesar Avila, I have recently joined the IMG-PT crew as an aide (which is amazing). I am commuting to Alvernia University to follow my passion for physical therapy. I am currently in my third year of undergraduate, but am in the process of being accepted into Alvernia's DPT (3+3) Program within the next few weeks. I reside in the small suburb of Blandon, which is extremely close to Fleetwood. I was born in Woodside New York, but do not remember it much since I lived there until I was about 5 year old. Newark, New Jersey was the next stop until I turned 12, and then came Blandon. The city life was okay, but being in suburbs without so much noise is the best part (at least for me).

Before attending Alvernia, I attended Fleetwood Area High school and played soccer there all four years. Fleetwood is a great town filled with awesome people who support each other. It was here at Fleetwood that I decided that I'd like to study Physical Therapy. My decision to study Physical Therapy was mainly influenced by my interest in Anatomy and Physiology. The study of how the body functions is something that is pretty amazing, how everything is interconnected with one another is unique. Small minor soccer injuries and watching soccer made me even more interested in Physical therapy. During my senior year of high school, I was fortune to be able to observe Chris and Eric at IMG-PT thanks to Denise. From this experience, I was 100% convinced that physical therapy would be something that I would love to study and graduate at a PT.

On a side note, some cool facts about me are:

- I am bilingual (English and Spanish)
- I coached Fleetwood's U-10 Boys Spring team (2016)
- I was an All-Division Soccer player for Fleetwood Senior year
- I am a huge soccer fan if the past two facts haven't convinced you.
- I am part Ecuadorian, since my parents are from Ecuador.
- I am the oldest child of the four, (Mathew 15, Joshua & Joseph 11)
- I enjoy hanging out with friends, fishing, and attending sports games.
- Last but not least, I am a decent cook.



Blueberry-Flax Buttermilk Pancakes



INGREDIENTS

- 1 1/2 cups all-purpose flour (spooned and leveled)
- 1/4 cup ground flaxseed
- 2 tablespoons sugar
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon fine salt
- 1 1/2 cups buttermilk
- 1 large egg, lightly beaten
- 1 tablespoon unsalted butter, melted, plus more for skillet and serving
- 1 cup fresh or frozen blueberries
- Maple syrup, for serving

DIRECTIONS

1. In a large bowl, whisk together flour, flaxseed, sugar, baking powder, baking soda, and salt. Add buttermilk, egg, and butter and whisk until just moistened (batter should have some lumps; do not overmix). Fold in blueberries.
2. Lightly coat a large nonstick skillet or griddle with butter and heat over medium-high. In batches, drop batter by 1/4 cupfuls into skillet. Cook until bubbles appear on top and a few have burst, 2 to 5 minutes. Flip pancakes and cook until golden brown, 2 to 5 minutes. Repeat with more butter and remaining batter (makes about 12), wiping skillet clean between batches and lowering heat if necessary. Serve with butter and syrup.