

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522
www.imgpt.com - email: imgpt@imgpc.com - 610-944-8140

April 2018

From the Desk of Eric Parrish

A Breath of Fresh Air.....

Hello to All,

I hope that everyone survived the beginning of spring with all of the snow. I know I am looking forward to a little more spring like weather and I am ready to leave the snow behind us for this winter. I must admit my kids really enjoyed making snowmen, snow forts, and sledding/snowboarding this year. I will be glad not to have to fight the elements getting into work.

I know that a change in the season brings a new excitement and different activities, we trade in our snow shovels for lawn mowers and weed trimmers. Instead of keeping the windows closed tight, we can open them up and allow that fresh air to come through the house. Along with a change in the season comes a great opportunity to enjoy the outdoors and maybe set some personal goals for the spring and summer.

My personal goal for this summer is to train for and compete in a sprint triathlon. For those of you wondering, a sprint triathlon is swimming 750 meters, biking for 12.4 miles, and running for 3.1 miles. I have not done a triathlon since I was about 12 years old, and I am looking forward to the challenge as well as the breath of fresh air of training for something different. Follow us/like us on Facebook (Integrated Medical Group Physical Therapy (IMGPT)) and I will keep you updated on my training progress or lack thereof each week.

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I know many of you have exercise programs that you might follow regularly, or as happens to most of us, perhaps you have fallen off the wagon..... several times, and now the wagons are just rolling over you as you lay there on the trail of life. Would you like to get up and try again, but you need a breath of fresh air, a little motivation? That is where Chris and I can help..... Head west young man/or woman. We can help get you back on the wagon and pointed in the right direction and doing exercises that will be safe for you. As the title of this article suggests for the month of April we will be giving free exercise consultations either in person or by phone. Let us be your personal trainer this month. Perhaps you just need some advice on new exercises you can do to strengthen your core or legs, because you are tired of doing the same exercises over and over. Maybe you need a refresher on exercises you once did, or want to make sure you are doing your exercises properly. We are here to help give you new, fresh exercises to give you that breath of fresh air, and also ensure you are doing things safely to give you confidence going forward. Call us today to set up your free consultation 610-944-8140. Mention to Denise the phrase "I'd like a breath of fresh air" when you call and get a free multiuse hot and cold pack, which is great for pain relief!

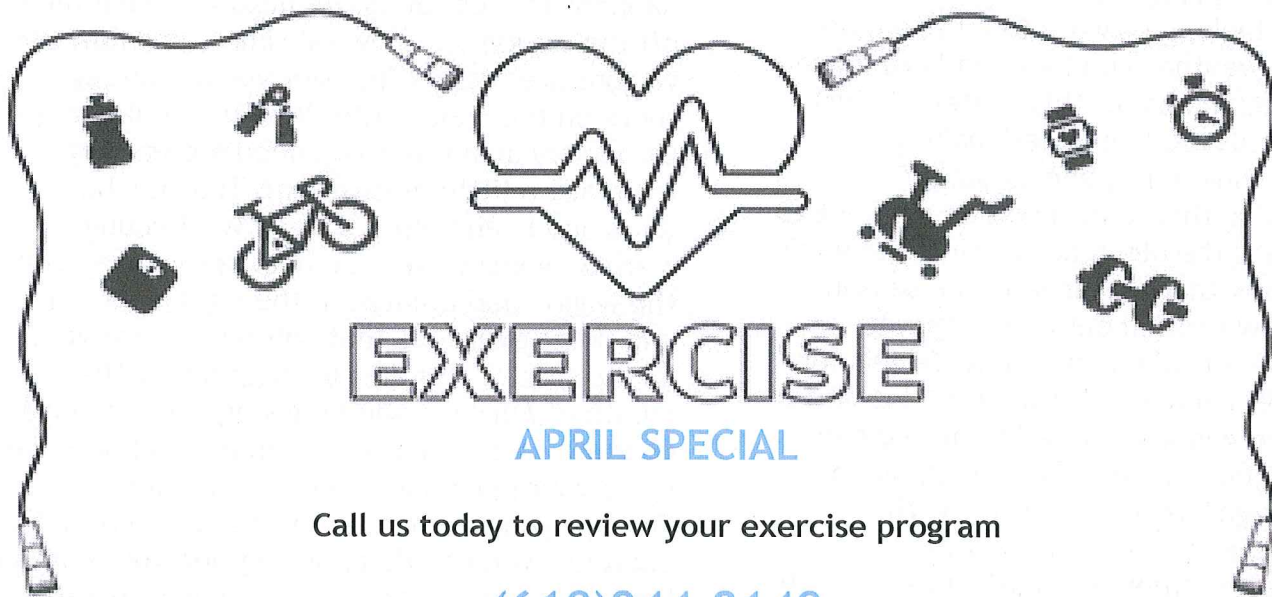


From the Desk
cont. from pg 1

Speaking of fresh opportunities, please see our flyer in this newsletter. We will be hosting a low back pain and Sciatica information seminar this coming May 15th at our office from 9-10 am. We are sending this out to you before the general mail to over 1,000 people in the Fleetwood area. If you would like to be part of this event, or know someone who would benefit please call soon because space is limited. Also please check out the attached breathing exercises that can help you breath better, and get you a real breath of fresh air and make your daily activities easier. On a personal note both Chris and I want to thank you for making the last month one of our busiest ever. We truly appreciate your business and trust in letting us take care of you. Thank you again and have a great spring!

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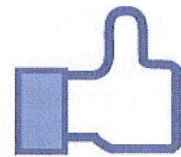
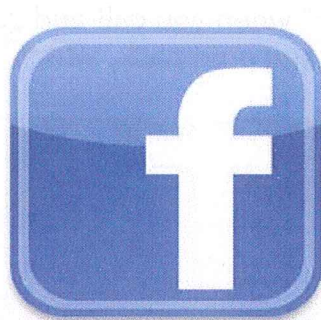
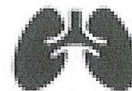
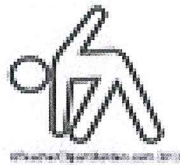


EXERCISE

APRIL SPECIAL

Call us today to review your exercise program

(610)944-8140
IMG-PT



“like” us on
facebook

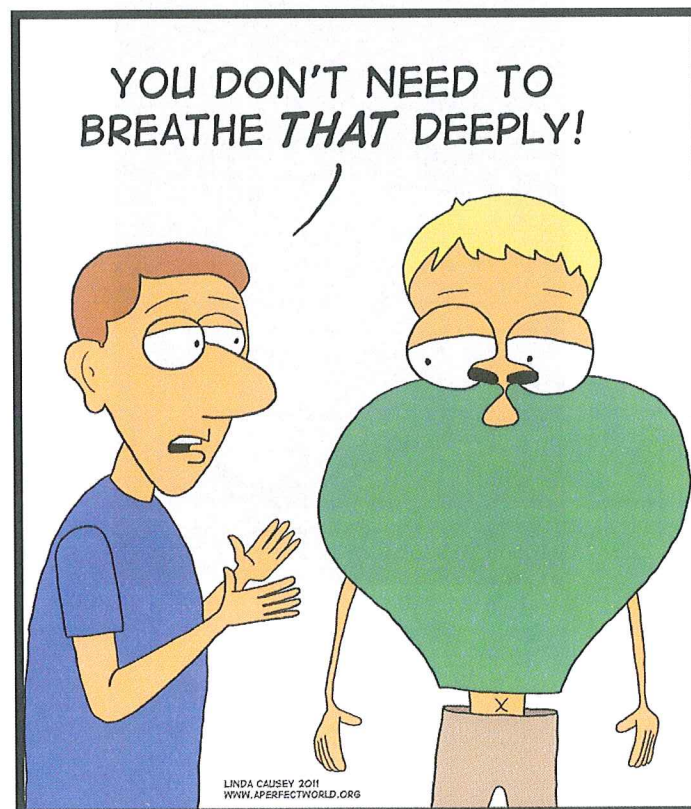
Breathing Strategies for Better Performance and Recovery

Breathing plays a critical role in performance, recovery, and even general health. Learning to breathe properly is something everyone can benefit from. When it comes to optimizing movement and recovery, the two most crucial pieces of the health and fitness performance “puzzle,” nothing is more important than proper breathing mechanics.

Breathing influences movement patterns, posture, pain, as well as performance by altering the position of the musculoskeletal system. Respiration can be trained just like any other component in your health, fitness, and performance programs.

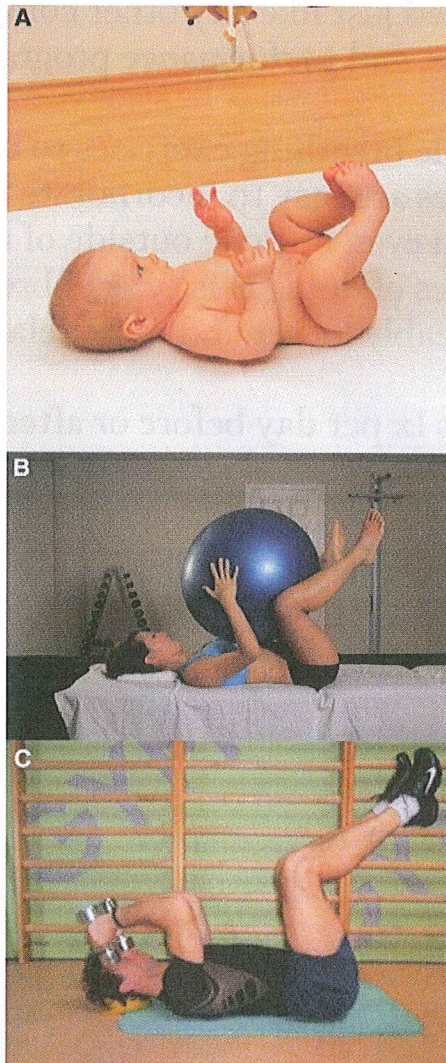
In this packet are 5 simple breathing exercises to improve movement and recovery. These exercises are easy to incorporate into a dynamic warm-up or cool down and can even be done outside of therapy at home. After just a couple minutes of doing this type of breathing, you’ll feel noticeably looser and more relaxed.

Perform these exercises 1x per day before or after your therapy session.



- Dynamic Neuromuscular Stabilization

- Supine with hips and knees flexed to 90 degrees
- Knees shoulder width apart
- Apply a downward pressure in the groin area with your fingers
- Feel the area of the abdominal wall and practice breathing without relaxation of the lower abdominals
- Goal of reflex stimulation is to set up an experience that transfers into exercise with volitional control
- Hold this position for 3-5 breaths and then relax
- Repeat and perform 3-5 repetitions



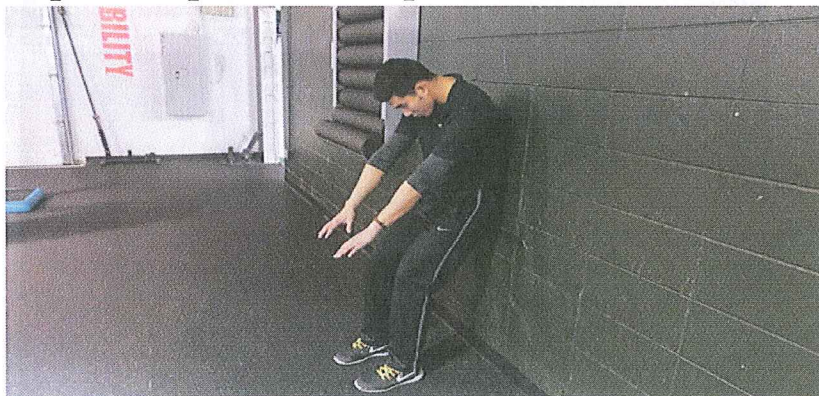
- Bear Breathing

- Position yourself on all fours
- Hands should be directly below the shoulders and knees directly below the hips
- Push long through the arms as if to push away from the floor until you feel a stretch between the shoulder blades
- Bring the knees off the floor until the shin is horizontal to the floor
- Hold this position as you take 3-5 full breaths in through the nose and out through the mouth
 - Relax and breathe normally for a few seconds
 - Repeat and perform 3-5 repetitions



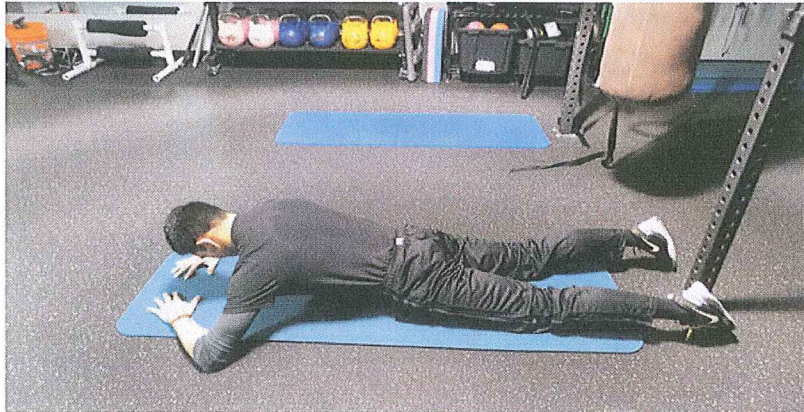
- Wall Breathing

- Stand with your back against a wall and feet hip width and 10-12 inches from the wall
- Posteriorly tilt the pelvis to flatten the lower back against the wall
- Reach forward maximally with both hands allowing the upper back to round forward
- Hold this position for 3-5 breaths and then relax
- Repeat and perform 3-5 repetitions



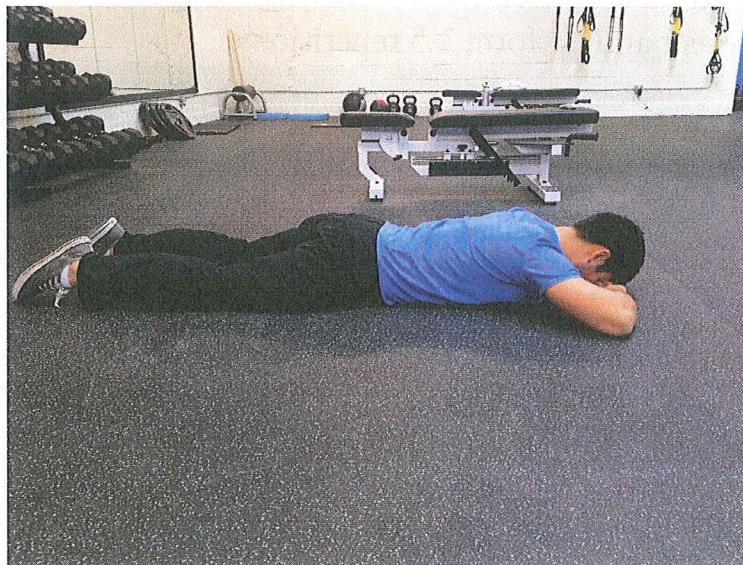
- Forearm Plank Breathing

- Lay face down on the floor
- Place the hands below face palm down on the floor such that they form a diamond shape with the index fingers and thumbs
- Push through the forearms and push the shoulders forward to lift the chest and abdomen upward off the floor until weight is only on the forearms and pubic bone
- Hold the upward position and perform 3-5 full breaths in through the nose and out through the mouth
- Return to the starting position
- Repeat and perform 3-5 repetitions



- Crocodile Breathing

- Retraining the body to breath diaphragmatically
- Lie prone
- Inhale through the nose and press the belly into the floor
- Sides of the bones of your hips and lower ribs starts to expand
- Exhale and sink into the floor



Attention Back Pain and Sciatica Sufferers: Back By Request...

Back Pain & Sciatica Workshop Reveals How to Naturally Heal Back Pain and Sciatica For Good.

Do you suffer with back pain or leg pain when you stand or walk?

Do you have pain when you sit for long periods or drive?

Do you experience pain, numbness or tingling into your butt, groin or down your leg?

Does your back ever “go out” if you move the wrong way?

Are you afraid your pain will get worse if you don't do anything about it?

If you answered YES to any of the above questions (or have a stubborn spouse who is in denial) - the Lower Back and Sciatica Workshop may be a life changing event for you...

“ Eric and Chris are Life Savers!! Their goal is to improve my state of being-relieving my pain & encouraging my physical health. Sciatica caused me extreme pain. I could not sit, lay down or fall asleep. Sciatica attacks at any time of the day and left me helpless and hurting. Within 2 visits I was sleeping through the night. With their guidance I continue to improve. I'm better and better every day.” - Heather S.

Hello,

Back pain and sciatica can completely ruin your life ... I've seen it many times.

✓It can make you lean on the shopping cart when walking through the grocery store...

✓It can take your focus away on enjoying your life..like spending time with your children or grandchildren...

✓It can mess up your work or force you to do a job you don't want to do...

✓It can ruin your travel plans...

✓And it can take away your ability to live life...having to rely on others...or to wait for you to sit down for a minute.

And less movement and enjoying of life can lead to depression, increased stress and a sedentary lifestyle (mostly sitting...not moving much) which leads to bigger health problems...and life problems.

The Sciatica and Lower Back Specialists here at IMG-Physical Therapy have helped hundreds of people right here in Fleetwood...and the rest of Berks county who have suffered needlessly with lower back pain and sciatica...it's our specialty.

So by request, I'm hosting a Sciatica and Lower Back Pain Workshop here at IMG-Physical Therapy at 805 North Richmond Street, Suite 103, Fleetwood, PA 19522
Tuesday, May 15, from 9 a.m. to 10 a.m.

If you're confused about what to do and are looking for answers, here's some of what you'll learn:

- ✓The Single Biggest #1 Mistake back pain and sciatica sufferers make which actually stops them from healing...
- ✓The 3 Most Common Causes of Lower Back Pain and Sciatica ...
- ✓A Sure-Fire Way to Pick the Right Treatment for the Cause of Your Pain (and save you a ton of time and money)
- ✓How a problem in your back can cause pain, numbness or tingling in your leg ...
- ✓What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery.

How Do I register for the Lower Back Pain and Sciatica Workshop? Call Denise at our office to register at 610-944-8140. When you register, we will mail you the Lower Back Pain and Sciatica Worksheet which you will bring with you to the event.

We only have 20 seats available for this event ... and this invitation will be mailed to 1000 people in the Fleetwood area.

So if you would like to attend, be sure to register now ... Call **610-944-8140**
How Much Is It to Attend? Nothing...the event is FREE

As a Special Bonus ... the first 11 people to call and register for the event will receive a multiuse hot and cold pack, which is great for pain relief.

All 20 attendees for the Sciatica and Lower Back Pain Workshop will receive a Special Report: "The Top 10 Burning Questions for Sciatica"

Looking forward to seeing you there,
Eric Parrish, MPT
Sciatica and Lower Back Specialist at IMG-PT

PS - The first 11 People to call and register at 610-944-8140 will receive a multiuse hot and cold pack, which is great for pain relief.

PPS - This event is limited to the first 20 people to register. When you register, you can bring a guest at no additional cost (we do this because many people request to bring their spouse or other family member).