

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 2019

From the Desk of Eric Parrish

Springspiration.....

Hello All,

I hope that you are starting to enjoy some of the warmer spring days. My daughters have really enjoyed the chance to get out a little more and they have both started spring soccer. It is always great to see the mercury rise and people getting out and about for outdoor activities and socializing. My oldest daughter is going to try softball for the first time this spring, and I hope it all goes well. Giving a bunch of seven year olds bats/weapons and turning them loose always makes me a little nervous.

Speaking of trying new things and the spring season being the season of rebirth and new beginnings, I want to issue the Springspiration challenge. What is the springspiration challenge?.....Well I am glad you asked. For the month of April, each week I will be posting a picture from nature that I take on my walk or run. I will then be posting that to our Facebook page with a little inspirational quote. I am challenging you to do the same thing, get out and take a picture of the great outdoors and post it on our Facebook page. For those of you who are really artistic you can even draw a picture of the great outdoors that inspires you, take a picture of that and then post it to our Facebook page. Just channel your inner Bob Ross and paint a happy little cloud, along with the rest of your outdoor scene. I will not be drawing anything, as I am not the artist in my family. My sister is very good, but I was not blessed with artistic talent, unless you count my stick figure art as abstract works of art. I can however, manage to point my phone and click a few pictures with the best of them. For those of you who are a little Facebook challenged, like myself, you can also e-mail your pictures to us at imgpt@imgpc.com or mail them to us at IMG physical therapy 809 N. Richmond St. Suite #103, Fleetwood, PA 19522.

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Now some of you may be wondering, why am I doing this? Besides the joy of getting outside and taking in the beauty of nature, as well as the chance to provide inspiration and joy to the people who might see your picture, and my undying gratitude; there is the opportunity to win a prize.....an IMG-PT BBQ set, just in time for the start of grilling season.

If you send in a picture you will be entered in a drawing for a chance to win a IMG BBQ set at the end of the month. The more pictures you send in the more times you will be entered for a chance to win. Just like my business partner Chris does with the March Madness bracket, that he or one of his family members seems to win every year, the more brackets/pictures you enter the better chance you have to win. Best of luck to you all and I hope you enjoy the springspration challenge, I am looking forward to seeing your pictures.

Perhaps some of you are suffering with pain that is preventing you from getting out and enjoying the activities you like to do, or even activities you want to do indoors. This month we are offering free phone consultations to see if we can help you overcome whatever physical limitation might be holding you back. For the month of April we have blocked off 1 hour blocks from 1-2 pm every day we are open to take your calls/questions. Give us a call this month and let us help give you some direction on how to get better and back in the springspiration spirit. Hope everyone has a great spring!



HAPPENINGS AT IMG-PT

April 12th will be the last day that we will have Seth and Steve here at IMG-PT. They will then graduate from Alvernia in May and be on to bigger and better adventures. We wish them well with whatever they do.

FREE Low Back Pain and Sciatica workshop April 11th at 6:30pm here at our office. If this is something that you or someone that you know are interested in please call to reserve your chair. We still have a few available.



We are growing and are looking for a Physical Therapy Aide/Office Assistant. If you know someone who may be interested in working with this crazy bunch and has an aide or front office background please have them fax us a cover letter explaining how they could help our office along with their resume.



Eric's nature picture while out on a run.



Denise's nature picture off her front porch (wishful thinking).





GRADUATIONS!!



"It has been a great experience. I've experienced a huge improvement & learned exercises that will hopefully maintain this improvement. Everyone has been helpful & supportive."

David P. 3-1-2019

"I have severe back spasms that won't let up. To go from barely being able to move to comfortable in a week was a much faster recovery than what I've had previously, I hope I've learned ways to manage and keep the pain away."

Sara P. 2-27-2019

"I'd had problems with my lower back for a few years. I had a bone density scan which showed osteopenia. I also had x-rays prior to the scan which showed osteoarthritis in the lumbar spine as well as a mild case of scoliosis.

I was having problems mostly with bending and lifting. It bothered me to stand for great lengths of time on concrete floors. Since starting my therapy I've noticed a definite improvement in my overall range of motion as well as a reduction in pain. Thanks to everyone here for helping me meet my goals!"

Debra B. 2-22-2019

"Great experience, prior to PT, I had major lower back pain, days where bending over increased pain. In the month of doing PT, the exercises and stretches really helped reduce the pain. I still have some pain, a 1 out of 10, so unfortunately it is not completely gone, but it has definitely improved, and I am very grateful for that. Thank you for helping me, and I will take what I have learned, and continue to practice at home."

Michelle B. 3-8-2019

"When I started I had to use a cane and had pain working out. Now I walk without a cane, no pain.

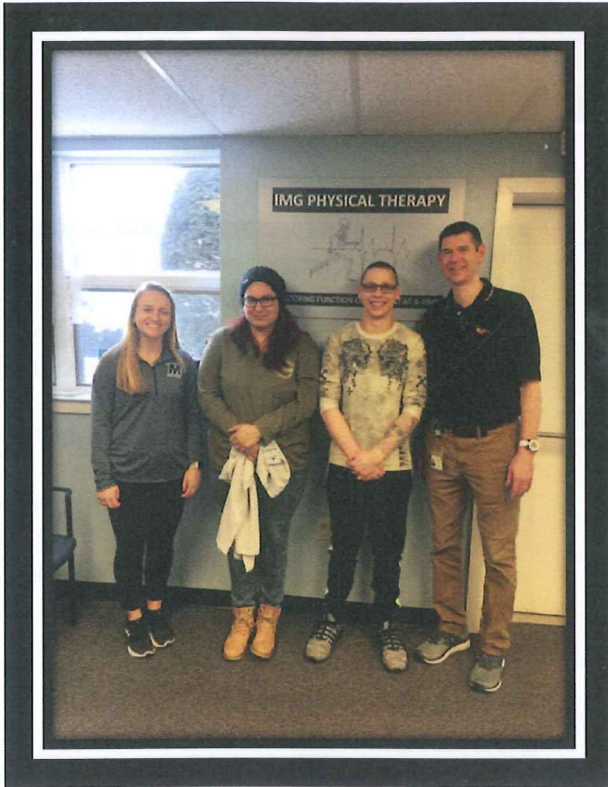
Could not go up and down stairs without a cane and now do that without a cane.

Everyone is good at what they do and I highly recommend IMG to anyone."

Carol-Ayn S. 3-1-2019

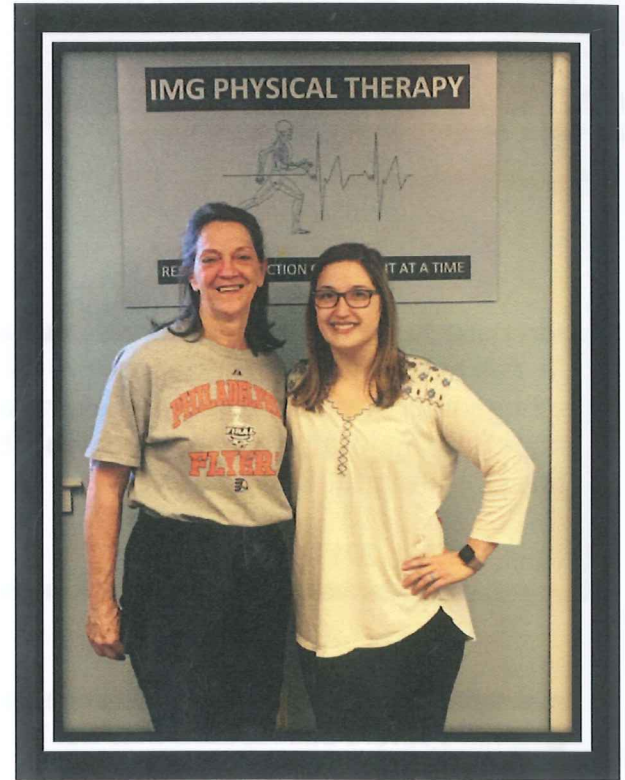
Easter is the perfect time for us to leave bad habits and bring good habits into our lives. Make this be our goal this Easter.





"Great experience! First time at physical therapy, the staff made me feel comfortable and made me feel cared for. Always checked up on me and when I did my exercises, if I was doing ok or needed help. I definitely recommend coming to IMG Physical Therapy."

James N. 3-6-2019

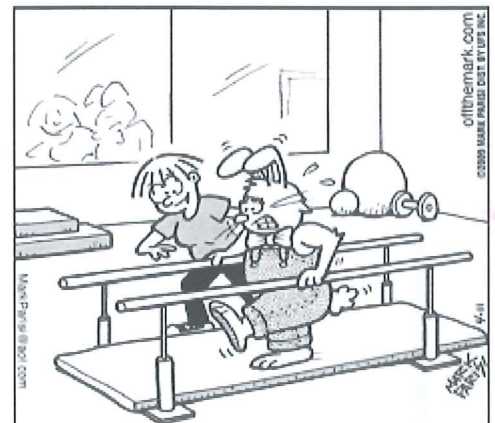


"Therapy has helped me to sleep better. No pain while sleeping. I don't have the sharp pain in the hip. I can now go to the YMCA to start with the classes I was taking before my pain started. I am very happy with all the therapy I received with the staff at IMG Physical Therapy. Everyone was very helpful and friendly."

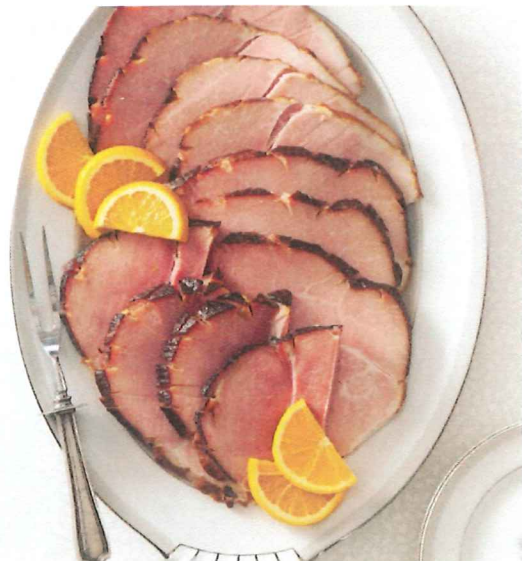
Diane M. 2-28-2019

"IMG Therapy has helped me so much through a bad situation. After the truck accident I was having constant back pain and was in pain doing normal activities. Everything was more work for me due to my back. Now finishing therapy I am able to do things without pain and feel so much better. I am able to sleep and go to work without pain. Thank you so much for everything you guys did. You guys pushed me & supported me all the way through the process."

Johana S. 3-6-2019



TO CUT DOWN ON EGG BREAKAGE, THE EASTER BUNNY GETS PHYSICAL THERAPY TO LEARN TO WALK INSTEAD OF HOP



Bourbon-Glazed Ham

Total Time: Prep: 15 min. Bake: 2 1/2 hours+standing
Yield: 16 servings

Ingredients:

1 fully cooked bone-in ham (8 to 10 pounds)

3/4 cup bourbon, divided

2 cups packed brown sugar

1 tablespoon ground mustard

1 tablespoon orange marmalade

1/8 teaspoon ground coriander



Directions

1. Place ham on a rack in a shallow roasting pan. Score the surface of the ham, making diamond shapes 1/2 in. deep. Brush with 2 tablespoons bourbon. Bake, uncovered, at 325° for 2 hours.
2. In a small bowl, combine the brown sugar, mustard, marmalade, coriander and remaining bourbon; spoon over ham. Bake 30 minutes longer or until a thermometer reads 140°. Let stand for 15 minutes before slicing.