

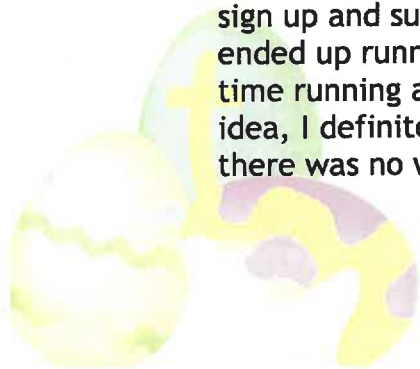
From the Desk of Andrea

Hi everyone!

I hope this newsletter finds you all doing wonderful and getting ready for one of the best times of the year- Spring! As I am sitting here writing this, I just got done completing some major Spring cleaning with my husband over the weekend. (I know- a husband who helps clean- I hit the jackpot!). We have been in our home for almost 4 years and it's just unbelievable how much "stuff" accumulates. What a joy it is to clean and get rid of things! There is something about Spring cleaning that makes everything just feel brand new...

Another great thing to look forward to in the Spring is our annual March Madness bet at IMG-PT. We were unable to have any bets last year due to COVID, so you better believe that this year we are going big! Thus far, it is going to be Jordan, Abby, and me versus Chris, Eric, and Erin. Punishments have yet to be agreed upon but I won't lie, the way the guys have been talking, I am a little nervous about what they may come up with..especially since I seem to have a winning record against them! (haha!) The first year my team won they had to wear Princess dresses, the second year they had to paint their nails and wear a shirt that was not exactly their style, and the third year they had to wear a bag of shame. I did lose a year, though, and those outfits were not fun to wear..so wish Jordan and me luck as this year's tournament unfolds and don't forget to get updates on our Facebook and Instagram page.

One of my final excitements for this Spring is that Jordan, Erin, and I will be running a half marathon in Gettysburg on April 25! If you would have told me in high school that I would be running a half marathon in the future, I would have laughed in your face. You have to understand that I DREADED even running the mile in gym class and would avoid running at all costs. So, when Eric suggested that I join him in running a 5k (this was back in 2013 when I was a PT aide), I just laughed it off, but he persisted and got me to train. To this day, what a blessing that has been. Not only did he get me to run a 5k, he then got me to sign up and successfully complete a half marathon later that year. And then I ended up running three more half marathons until 2015. This will be my first time running a half marathon since that time. When Erin first brought up the idea, I definitely felt a little intimidated and had negative thoughts telling me there was no way I was going to get into that kind of shape again. But then I



took a moment to remind myself that every single person has to start at square one. That's the hardest part- just getting started. But then you follow the training plan and you surround yourself with those who motivate and drive you and before you know it, it's race day!

Are there ups and downs not only in training and on race day? Absolutely! But the important part is that you keep pushing forward and keep your eye on the prize..

This sounds kind of like physical therapy, doesn't it? I can't tell you how many patients I meet on their first day who are sometimes scared, depressed, or just straight up don't want to be in PT or to put the effort into getting better. As upsetting as this can be as a PT, I remind myself that I have also been in those shoes, and my job is to help guide this patient into their PT journey and be there to support and drive them. It's amazing how many patients have a change of heart in just a few visits, when they realize that their pain is getting better, they are getting stronger, and they are getting back to doing the things they love. Most importantly, they are getting back to being able to enjoy life again!

If you, a friend, or a loved one are looking to get back into the crazy race of life, give us a call at (610)-944-8140, and we would be honored to get you back to the starting line!

Wishing you all a beautiful and safe Spring season and I look forward to seeing you out and about in Fleetwood and the surrounding areas!



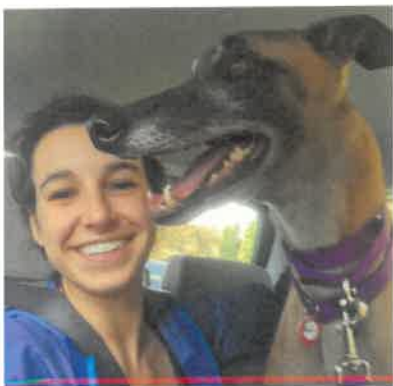
Say Hello to Megan!!

Hi! My name is Megan Matus, and I'm a 3rd year DPT student at Drexel University. I grew up in the Allentown area, and then got my Bachelor's degree in Psychology from Ohio State University. While growing up, physical activity has always been one of my favorite hobbies, such as playing soccer, running, skiing & hiking.

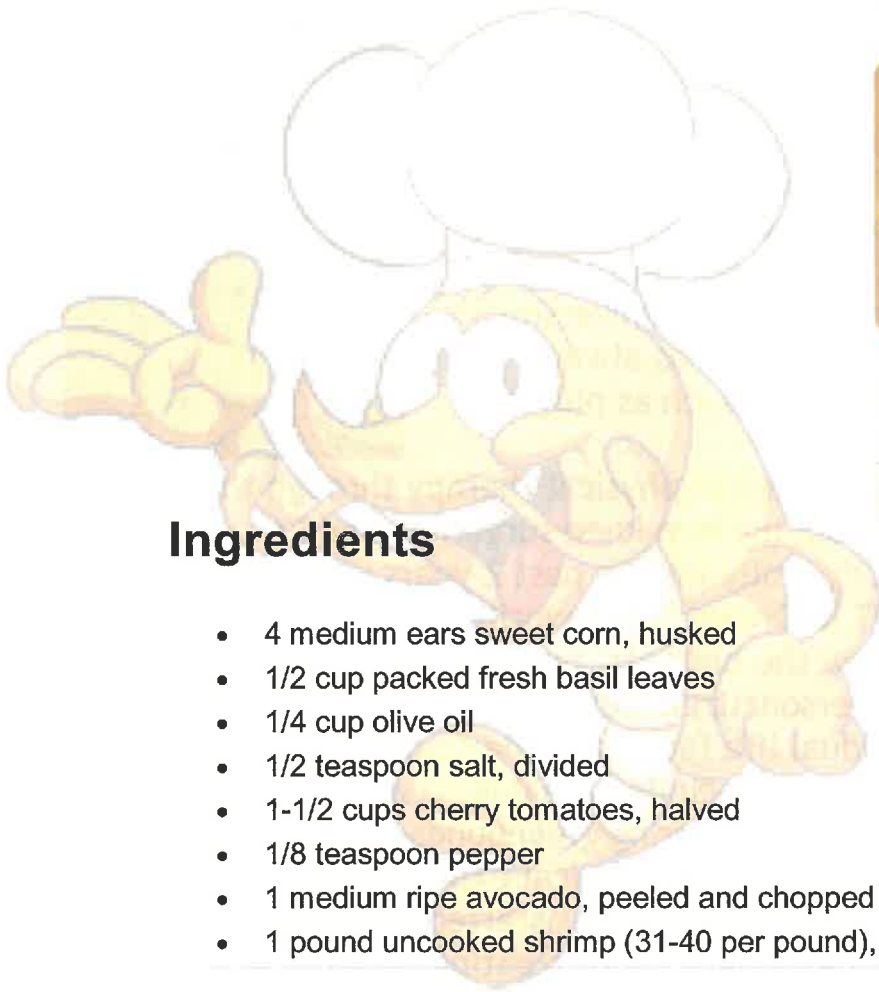


I initially became interested in physical therapy through the experience of recovering from my own knee surgeries, and I've enjoyed living in Center City Philly for the past 2 years while pursuing my career as a PT at Drexel. My favorite part of the profession is getting to know the patients, hearing about their stories, and developing a personalized treatment plan for them based on all of their individual life factors. Aside from PT, nowadays, a few of my interests include kayaking, cooking, spending time with friends, and fostering greyhounds.

After I finish up this last 10 week clinical experience at IMG, I'll be graduating in June. I'm excited to get started with my career, and am especially passionate about treating patients with chronic health conditions or neurological injuries. As someone who personally experiences chronic pain, I enjoy the challenge of finding ways to help other people with chronic pain continue to enjoy movement and stay as active as possible. In the future, I'm also hoping to become certified in Canine Rehabilitation, so I can use my skills to help dogs regain their function through physical therapy.



Pesto Corn Salad with Shrimp



Ingredients

- 4 medium ears sweet corn, husked
- 1/2 cup packed fresh basil leaves
- 1/4 cup olive oil
- 1/2 teaspoon salt, divided
- 1-1/2 cups cherry tomatoes, halved
- 1/8 teaspoon pepper
- 1 medium ripe avocado, peeled and chopped
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined

Directions

- **1.** In a pot of boiling water, cook corn until tender, about 5 minutes. Drain; cool slightly. Meanwhile, in a food processor, pulse basil, oil and 1/4 teaspoon salt until blended.
- **2.** Cut corn from cob and place in a bowl. Stir in tomatoes, pepper and remaining salt. Add avocado and 2 tablespoons basil mixture; toss gently to combine.
- **3.** Thread shrimp onto metal or soaked wooden skewers; brush with remaining basil mixture. Grill, covered, over medium heat until shrimp turn pink, 2-4 minutes per side. Remove shrimp from skewers; serve with corn mixture.



"IMG Physical Therapy is my "go-to" place to heal and return to a more normal daily routine. From a knee repair, sciatica and now a shoulder problem the care I receive gives me relief and a solid feeling of well being. I can't speak highly enough for the individual care and treatment received.

Thank you for all your hard work and sincere concern. You all continue to improve my life!"
Heather 3-11-21

"I'm very surprised how fast my shoulder recovered and got stronger with therapy. I really enjoyed everyone that worked with me. I feel much stronger than before I came and I couldn't move my shoulder nearly as much before I came to therapy. I definitely will keep coming here if I need more physical therapy for my hand. I appreciated Dr. Gordos taking the time to look at my hand and refer me to someone I can trust." Cheryl S 3-17-2021

"The therapists and interns have made my physical therapy an awesome experience. Came in with lower back pain and had this group work on my issues, train me to do the exercises at home that gave me relief. I realize the need to strengthen my core and they have given me the exercises and knowledge to make this happen. I highly recommend this group." Tammy C. 2-25-2021



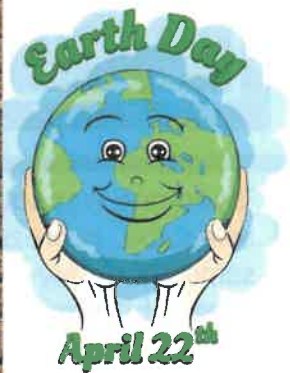
"Everyone was totally awesome..professional & kind at the same time. My leg is stronger & my knee a bit more less painful. But I think the joint is "shot" & no amount of PT will change bone. I think I'm headed for a knee replacement and I will be back."

Dianne P 4-17-2021

"When I started here a few weeks ago I could not do anything with my left hand, wrist and arm. Today I'm now lifting 5 lbs and doing almost anything with my left hand, arm that I did before I fell. I still will keep up with my exercises at home, that I was doing at IMG-PT. Everyone was so nice and friendly and helpful. It always is a pleasure to come here and being taken care of. It is almost like one big family." Janice L. 2-25-2021

Happy Easter

to you and your family.



National Pretzel Day
www.NationalDayCalendar.com