

# PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522  
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## From the Desk of Eric Parrish

Back to school.....

Hello to all. I hope you are enjoying the last month of summer. I know my family has had a very enjoyable summer and enjoyed some vacation time. This summer has seemed to be a little more rainy than normal, but I only say that based on the fact I have had to mow the yard much more than normal. Usually, you can count on 3-4 weeks in the summer where it is so hot and dry that the only thing that grows are the weeds, giving a break from mowing every week. I always know summer is winding down when the talk of school plans begin. Denise's grandson, Mason is starting Kindergarten this year as well as my daughter Kendall. I cannot believe she is already starting her formal education.... Where did the time go?

Denise was letting me know about all of the school supplies Mason needed for starting kindergarten. I know I was always excited and a little nervous to be going back to school. I enjoyed getting my crayons, pencils, water colors, erasers and all the other things needed for grade school. One of my personal favorite items was the lunch box with matching thermos. My mom would pack a great lunch with some warm soup in the thermos. My other favorite memory was in kindergarten with snack, usually chocolate milk and cookie/crackers followed by a story and nap time. Then of course one of every young child's favorite, recess, time to do whatever you wanted. Looking back on things not much has changed in my life, I still like to eat, food tastes especially good when someone else makes it, followed by a nap, and then time to do whatever I want. For all of you going back to school, or starting a new adventure in your life, IMG wishes you all the best with your future endeavors.



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Speaking of going back to school, maybe some of you have been away for summer activities/vacations, and maybe you have picked up some aches and pains with those fun filled summer days. Perhaps..... it's time for you to come back to physical therapy. Just give us a call today and Chris or I will be glad to talk to you about whatever may be giving you pain, and we can then determine if physical therapy will be able to help get you healed up and ready for the Fall. We look forward to hearing from you soon! Have a great rest of the summer!

All I really need to know...

### I learned in Kindergarten

**Share** everything. Play **fair**. Don't hit people. Put things back where you found them. **Clean** up your own mess. Don't take things that are not yours. **Say you're sorry** when you hurt somebody. **Wash** your hands before you eat. **Flush**. Warm cookies and cold milk are good for you. **Live** a balanced life- **learn** some and **think** some and **draw** and **paint** and **sing** and **dance** and **play** and **work** every day some. **Take a nap** every afternoon. When you go out into the world, watch out for traffic, hold hands, and stick together. Be aware of **wonder**. **Remember** the little seed in the Styrofoam cup" The roots go down and the plant goes up and nobody really knows **how** or **why**, but we are all like that. Goldfish and hamsters and white mice and even **the little seed** in the Styrofoam cup- they all die. So do we. And then **remember** the Dick-and-Jane books and the first word you learned-the biggest word of all-**LOOK**.

author: ©Robert Fulghum

KinderAlphabet.com

# Happenings at IMG-PT

## CONGRATULATIONS TO



Dr. Andrea Dietrich

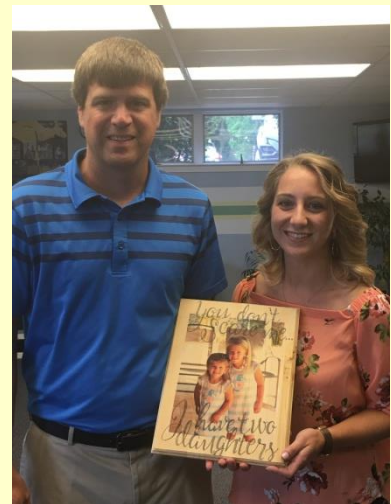


Dr. Robert Roncek



Dr. Carter Sheely

They have all taken their boards and passed and are either already working or will soon be working as a Doctor of Physical Therapy. Congratulations!!



July 28th was Kaylie's last day with IMG-PT. We will miss her but wish her all the best in this new chapter of her life.

# IMG-PT STUDENT PROFILE:

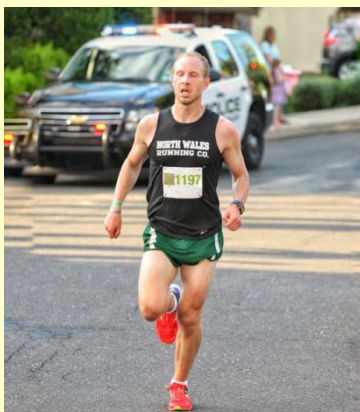
## Ryan Clee

Hello everyone!

My name is Ryan Clee and I am one of the new student physical therapists at IMG-PT. I am in my second year of studying at Thomas Jefferson University for my Doctorate of Physical Therapy. Previously, I completed my Bachelors Degree in Kinesiology at Temple University. This is my first of four clinical rotations over the next two years, and I will be here at IMG-PT until the last week of September.

I grew up and currently live in Collegeville, PA, about 30 miles southeast of Fleetwood. During my free time, I enjoy competing in running, biking, swimming, and triathlon events. Additionally, I love weight lifting, hiking, camping, and rock climbing.

All of those activities work up a big appetite, which makes me a huge fan of food! I most likely will talk to you about delicious



foods at some point. My favorites are BBQ, baked goods, ice cream, and anything with peanut butter. If you enjoy food, we will get along great.

My interest in physical therapy began with numerous sport injuries as a kid. Physical therapy helped me return to full function and everyday life, and I strive to do the same for my patients. I enjoy working in both the inpatient and outpatient settings and have the most interest in the knee, ankle and shoulder.

I'm excited to meet and work with you during the 8 weeks that I am here at IMG-PT. I look forward to helping you achieve your goals.



## IMG-PT STUDENT PROFILE:

### Aaron Agustin

Hi guys, my name is Aaron Agustin, a PT student at Thomas Jefferson University in Philadelphia.

Just a little about myself... I did my undergraduate program at Drexel University (also in Philadelphia). I love interacting with people, whether you're an old friend or someone new. I am very savvy with technology. In fact, I work at Target in their Electronics department during the weekends just to showcase my admiration for the technology! Not really, it's because I need the side money!



On my free time, I would (occasionally) go and exercise, but usually out on some adventure around the area with a couple of buddies. I also have a little dog who is a Shitzu-Maltese mix named Aspyn. That's my lovely girlfriend, Michelle, in my picture below.

I look forward to meeting every single one of you and get to know you better during my time here at IMG Physical Therapy!



# IMG-PT EMPLOYEE PROFILE:

## Morgan Shade

Hi Everyone! My name is Morgan and I am one of the new PT aides here at IMG-PT! I grew up in Exeter in Reading, PA and graduated from Exeter Township Senior High School. Then, I moved on to my undergraduate studies at Penn State Berks and just recently received my B.S. in Kinesiology in May. While going to college I was involved in many activities. I played for the PSU Berks Women's soccer team, gave tours as a Lion Ambassador (even got to be the Penn State Nittany Lion!), was an active member in Kinesiology Club and much more!

Currently, I am working on applying for grad schools to become a Physical Therapist. I have always had an interest in sports, being outdoors, and living an overall healthy lifestyle. After going to therapy for numerous sprained ankles, observing and working in PT offices, and seeing all kinds of injuries on and off the field, I decided that I wanted to be able to help others that are going through such a stressful time. I want to be a therapist who makes it a fun recovery and a knowledgeable one too.

Other than playing soccer, I am an avid runner, hiker, occasional biker, beach and chocolate lover, and a huge animal enthusiast. (I also went skydiving and plan to go again in the future!!) I love any activity that brings me to new people, gives me new challenges, and of course their pets too! I myself have a cat, Max, as well as Chocolate Golden Doodle, Owen! I am thankful for the opportunity that I have been given to work alongside everyone here at IMG-PT and I hope share plenty of laughs with everyone while working on a speedy recovery to get all of you back to what you love doing!



# Italian Sausage- Stuffed Zucchini



## Ingredients

6 medium zucchini (about 8 ounces each)  
1 pound Italian turkey sausage links, casings removed  
2 medium tomatoes, seeded and chopped  
1 cup panko bread crumbs  
1/3 cup grated parmesan cheese  
1/3 cup minced fresh parsley  
2 T minced fresh oregano or 2 tsp dried oregano  
2 T minced fresh basil or 2 tsp dried basil  
1/4 tsp pepper  
3/4 cup shredded part-skim mozzarella cheese

## Directions

Preheat oven to 350. Cut each zucchini lengthwise in half. Scoop out pulp,, leaving a 1/4-in shell; chop pulp. Place zucchini shells in a large microwave, covered, on high 2-3 minutes or until crisp-tender.

In a large skillet, cook sausage and zucchini pulp over medium heat 6-8 minutes or until sausage is no longer pink, breaking sausage into crumbles; drain. Stir in tomatoes, bread crumbs, parmesan cheese, herbs and pepper. Spoon into zucchini shells.

Place in two ungreased 13x9-in baking dishes. Bake, covered, 15-20 minutes or until zucchini is tender. Sprinkle with mozzarella cheese. Bake, uncovered, 5-8 minutes longer or until cheese is melted.

Yield: 6 servings