

# 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



August 2018

## From the Desk of Eric Parrish

### Amusement Park Fun.....

Hello to All,

I hope everyone is getting to enjoy some of this great summer weather, and squeezing the most out of these summer days. I know my kids are enjoying the pool, they both are getting better at swimming. We have also taken a trip to Dutch Wonderland this summer. Despite what the attached picture might show, the kids had a great time. Both of them are now tall enough to ride most of the rides at this amusement park (geared toward young children), and they were delighted to feel that sense of freedom. In fact my 4 year old went on a small little kids roller coaster (see picture) about 15 times. My wife went with her the first 6 or so times and then made the wise decision to let her go on her own before the roller coaster beat my wife around too much or made her sick.

I have not been to an actual amusement park for several years, and it was a real treat to get to enjoy this experience with the kids. The day was perfect, not too hot and not too cold. We did not suffer the usual amusement park pitfalls, those being blazing hot conditions where you swelter to death, usually while waiting in line for an hour to get on any ride, feeling cramped in by other people everywhere you go. The longest wait we had was 15 minutes, the park was not crowded and it made for a great day. I did realize that I still don't like rides that go in circles. After riding a few with my daughters, my 6 year old asked me, "Daddy are you going to toss your cookies?" Luckily I recovered. I rode a wooden rollercoaster with my older daughter, we must have rode it about 8 times, a few times we were just able to stay on because no one was in line. As a younger person I enjoyed being rattled around on these old wooden roller coasters, as a more experienced 40 year old I must say my neck and back felt it the next day. Despite all of the great rides and funny shows and characters we saw, my favorite thing about the amusement park was the smiles it put on my kids faces, and the memories we were able to create as a family.

## INSIDE THIS ISSUE

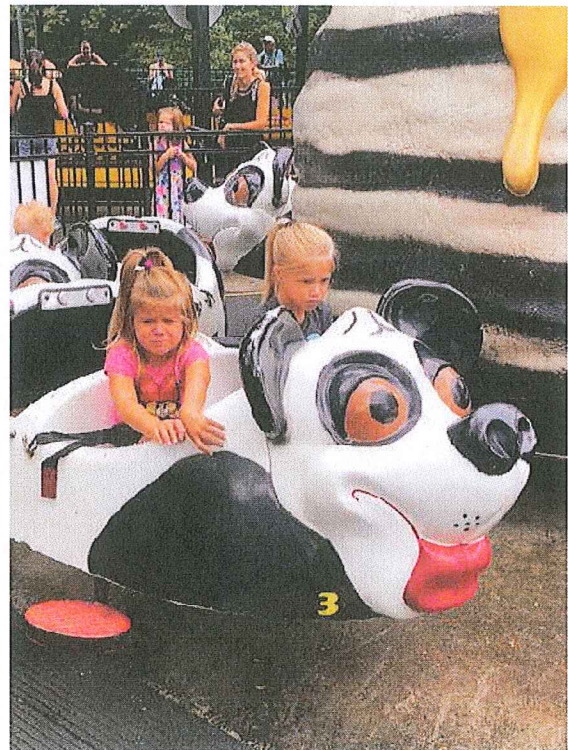
From the Desk of...	1
Low Back Pain	3
Employee Profile	5
Happenings	6
Patient Graduations	7
Recipe	8

Perhaps you are feeling like you have been rattled around on an old wooden roller coaster, and your neck is sore or your back aches, give us a call we can help! For this month we are doing **FREE consultations** for **neck** and **back pain** for those who are 40 or older.

Also this month we would like your input on the type of super hero Chris and I would be if we were physical therapy super heroes.

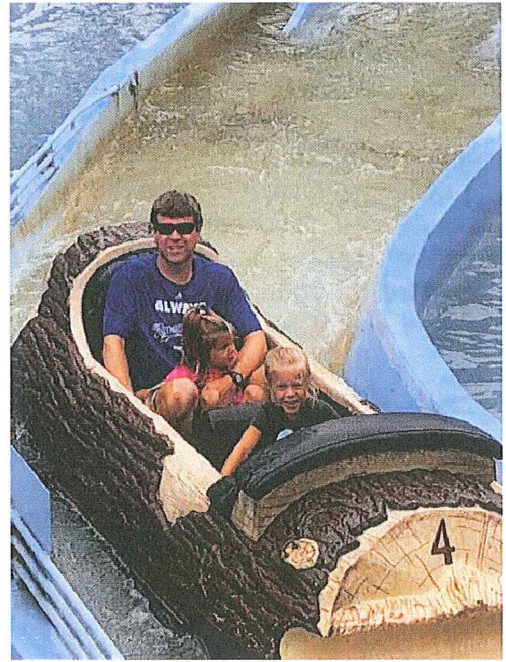
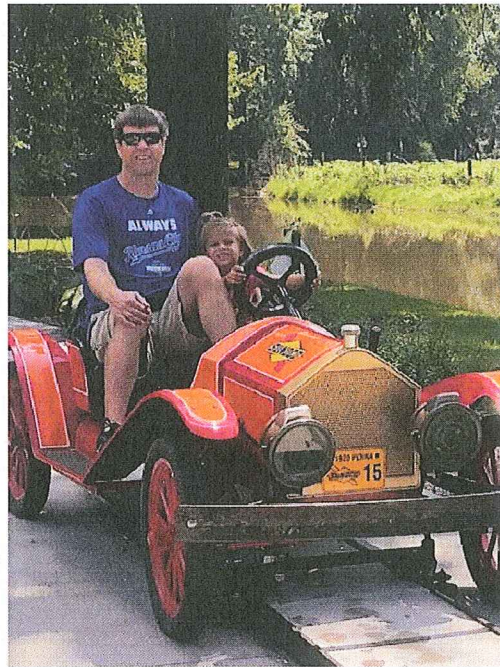
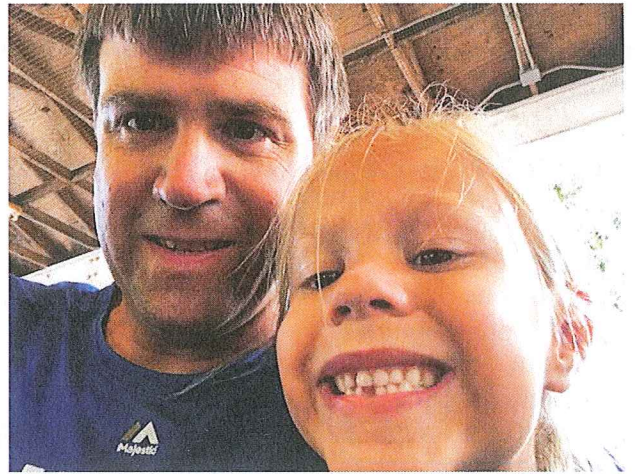
Finally are you getting numbness in your legs and feet? Are the back of your legs tight. Check out an exercise called ret louping on our Facebook page that can help with these symptoms.

I hope everyone has a great rest of the summer.





Eric having a fun day with his girls, Kendall and Shaylie.



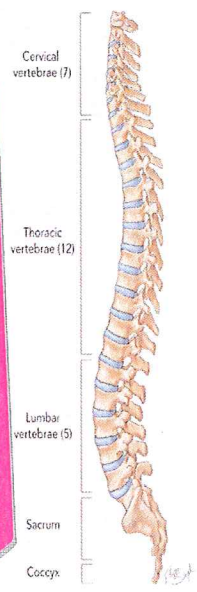
## Having neck and/or back pain?

Call us today for a **FREE Consultation!**

Learn how we can help you relieve this pain and get you back to doing your daily activities.

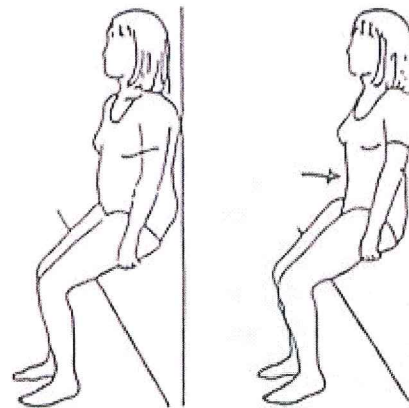
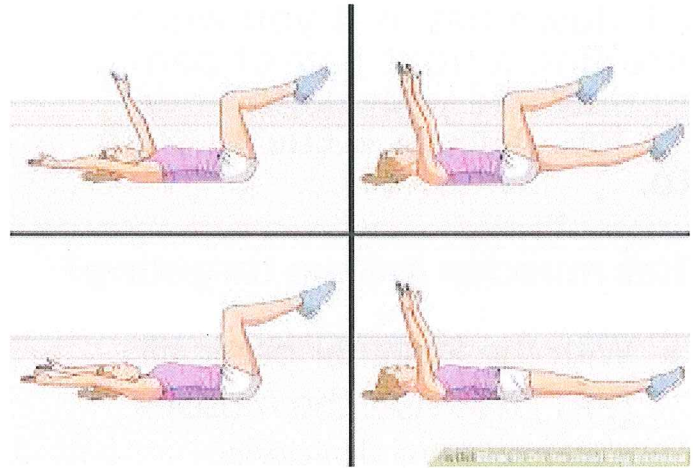
# 610-944-8140

This offer is for 40 years or older.  
Offer expires 9/23/2018



## What can cause my LBP?

- Most episodes of LBP are caused by damage to soft tissues (muscles, ligaments, or tendons)
- Our body is dependent on these things to hold us upright and support weight from our upper body
- A low back muscle strain commonly occurs, where fibers of the muscle are overstretched and may tear. This is common with overuse. (“pulled muscle”)
- This can occur from a one-time injury, or over time due to overuse and repetitive motions that put stress on the spine and body
- What increases my risk?
  - Weak abdominals, taking on a new, difficult activity
  - Smoking, obesity, decreased flexibility



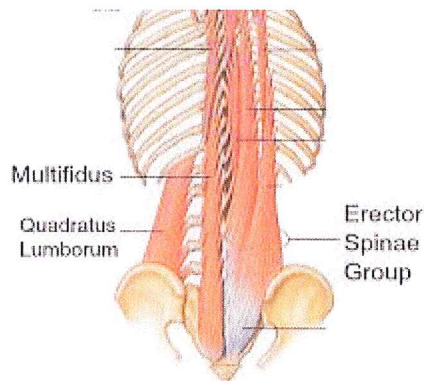
## Posterior Pelvic Tilt (PPT) exercise

The purpose of the PPT is to indirectly strengthen the deep muscles of your low back.

Lying on your back, push your back down flat as if you were buttoning a tight pair of pants. You may use your hand under your low back as a cue to push into.

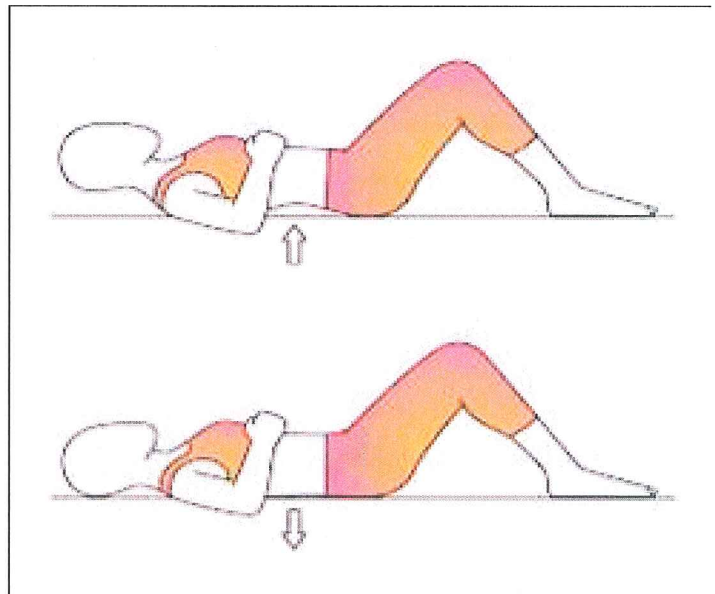
### What muscles are we targeting?

- With the Posterior pelvic tilt (PPT) exercise, the muscles exercised are the deep stabilizers of the lower spine. This includes the Multifidus, Rotatores, Semispinalis
- These small, powerful muscles work together to stabilize the spine.



*Image of the deep muscles of the back*

*Image of posterior pelvic tilt with progression. Perform 10 reps with a 10 second hold of the PPT daily.*



Call us today for your  
**FREE**  
consult for your back and/or neck.

**610-944-8140**

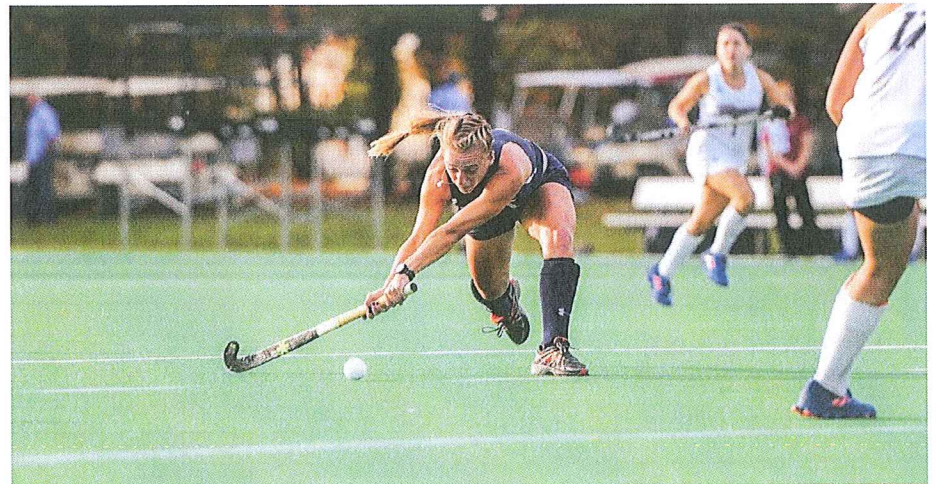
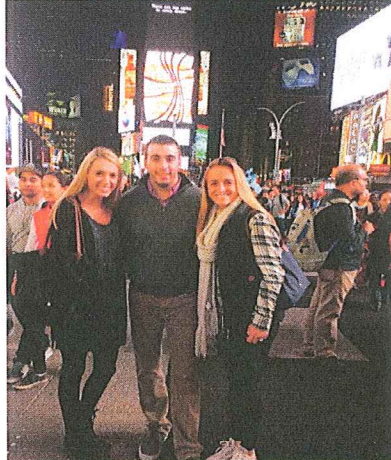
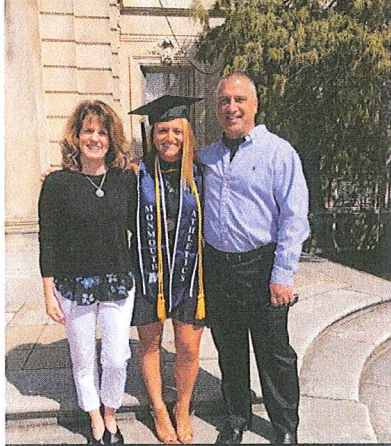
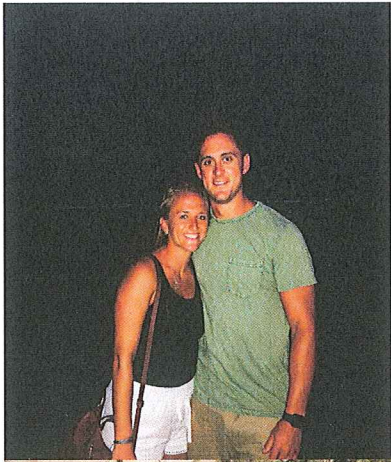
## Employee Profile: Meghan Donahue

Hi! My name is Meg Donahue and I have just graduated from Monmouth University with my bachelors in Health Science with a certification in geriatrics. I also will be beginning classes for my Masters of Occupational Therapy at Alvernia University starting August 29<sup>th</sup>. I was born and raised in Reading, Pennsylvania and graduated from Berks Catholic High School in 2014. My favorite activities include going on long runs and spending time on the beach!

I have been a huge sports fan my whole life. I played Division I Field Hockey at Monmouth University and I can honestly say it was the best four years of my life! I have always been someone who likes to be tested to the limits and being a student-athlete definitely did that! As well as being a PT Aide at IMG, I also am a coach of the Berks Catholic Field Hockey Team. I am beginning a Youth Program at the high school that is open to girls from Pre-K to 8<sup>th</sup> grade and I am SUPER excited about it! I cannot wait to teach these girls about a game that I've loved for so long!

To the left and down below, you can see my life pictured in a nutshell! At the top, there is a picture of my boyfriend, Nick. Nick will commission in late September to become an Officer in the Marine Corps. Then, there is a picture of me with my awesome parents at my college graduation. I also have two older siblings and a 12-year-old dog named Riley. My family and friends are the two most important things in my life. I have a huge Irish family that likes to spend time together!

I am beyond excited to begin my journey on becoming an Occupational Therapist. I have always had an interest in helping people in any way possible, and I believe that OT will be an ideal fit. In my perfect world, in five years I will be a successful OT living in one of the Carolinas (I HATE WINTER!). I am already learning so much from Chris, Eric and Denise and look forward to continuing to learn at IMG PT!



# Happenings at IMG-PT



CONGRATULATIONS APRIL!!!! It has been 15 months since April left IMG-PT to pursue her nursing career. She graduated from Desales in June and hopes to take her boards in September. She will be working at Lehigh Valley Cedar Crest Children's Emergency Department and will be a great asset to the department. April is a busy lady - she is also putting the finishing touches on plans for her wedding in October (looking forward to those pictures as well).



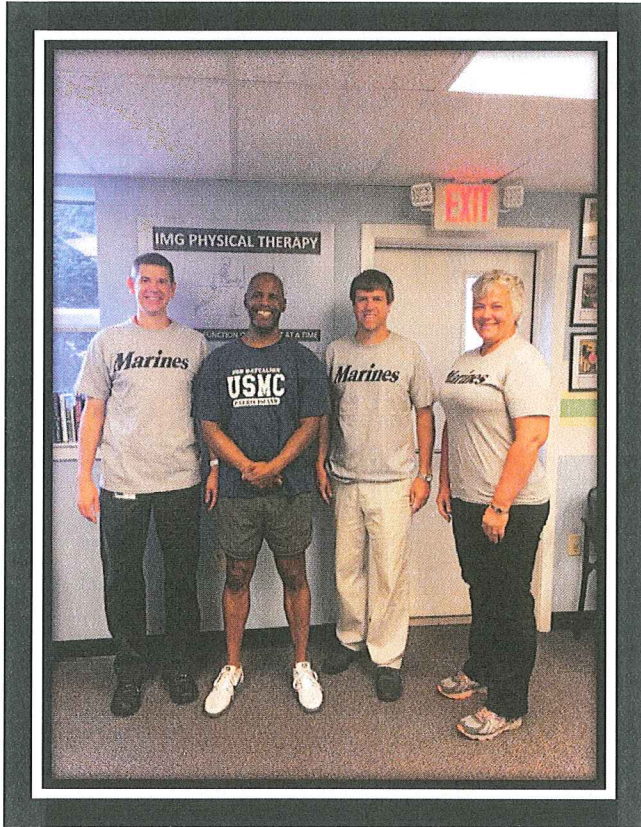
Less than a month away and these two will become Mr. & Mrs. Miller!!!!



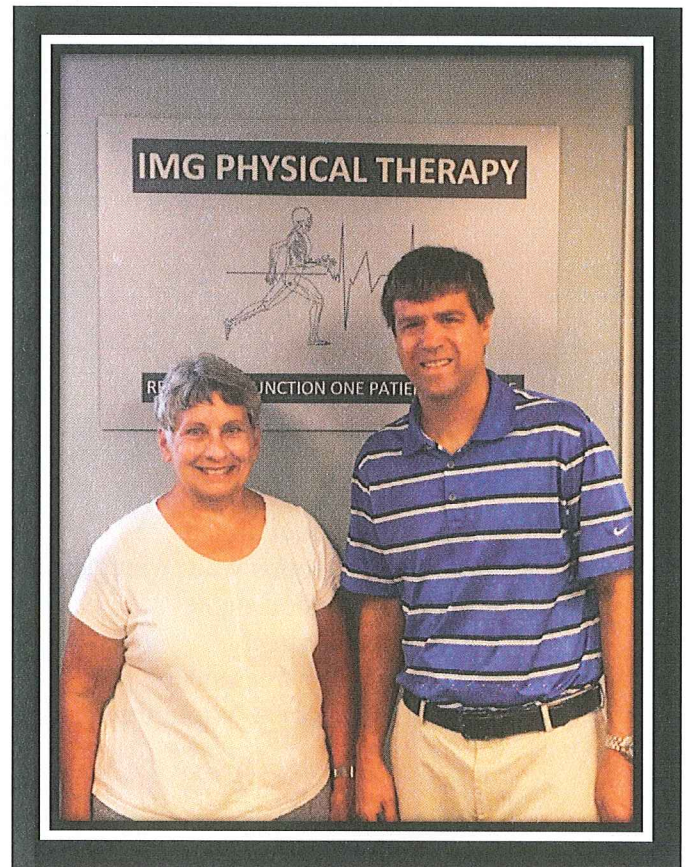
Morgan's last day was August 15th. She and Kaylie will be starting the next chapter of their lives at Desales attending their Physical Therapy program. They will do great.



# Patient Graduations!!



"My experience with IMG Physical Therapy has been great!! The staff was excellent and very knowledgeable, caring, and genuine. I couldn't ask for anything more. I wasn't given anything that I could not handle." George B.



"Prior to PT, standing in one place (washing dishes, waiting in line) was very painful in lower right back. After PT I can do all of the standing without pain. It was well worth the time and effort for the results. The people at IMG are great-kind and patient." Georgia G.



# Sour Cream Cucumbers

## Ingredients

- 1/2 cup sour cream
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- Pepper to taste
- 4 medium cucumbers, peeled if desired and thinly sliced
- 1 small sweet onion, thinly sliced and separated into rings

## Directions

1. In a large bowl, whisk sour cream, vinegar, sugar and pepper until blended. Add cucumbers and onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a slotted spoon.

Prep Time: 15 min. + chilling      Serves 8