

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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August 2020

From the Desk of Eric Parrish



Boulder Balance Field.....

Hello All,

I hope this news letter finds you all healthy and enjoying some of the warm summer weather we have been having. As the mercury has been rising outside things have been warming up here at the office with more people returning for physical therapy visits. It has been great to be able to help everyone while still maintaining a safe environment.

My family and I have been enjoying the warm weather and have been taking some local hiking trips around areas that we have not explored. This month we went to Ringing Rocks County Park in Bucks County, and did some hiking. This park had some very interesting features including a boulder field. A boulder field is just like it sounds, and I have included some pictures of my family in the boulder field. Large rocks filling the area of about 2 football fields. Going through the boulder field was a challenge and you had to take care of where you were stepping, but it was a lot of fun and my girls enjoyed climbing all over the boulders. Some people brought hammers and would hit the different rocks/boulders. Some rocks would ring/vibrate and made a very interesting sound, but mostly I could have done without people hammering away on the boulders. It took a little bit away from the peaceful hike. We also took in several waterfalls and were able to follow the river bed downstream from the waterfall, which lead to other little waterfalls along the way. My girls brought their water shoes and enjoyed jumping in all the little water holes and splashing in the stream and going under the waterfalls. There were lots of big rocks for the girls to climb on and the trail offered a lot of side areas to explore. All in all it was a great day, and a fun family outing.

While I was going through the boulder field I thought about where I was placing my feet and how to step so that I would not lose my balance and fall. It made me think about how much some people, and our patients, have to really work and think about their balance and walking just to stay safe on level ground. If you or someone you know is struggling with their balance or you are worried they may fall, or is the fear of falling limiting you or someone you know enjoying your life. Give us a call at IMG-PT, for the month of August we will be giving free screens for balance and can let you know if you or a loved one is at risk of falling. We will use a BERG balance test and also a 5 time sit to stand test to determine your balance level and safety with walking. Don't get stuck in the boulder field of life because you are limited with your balance and a fear of falling. Let IMG-PT help you clear out the boulders in your way and help you plot a safe path forward and get back to enjoying your life and handling the obstacles in your path safely and confidently. The IMG-PT family hopes you are staying safe and healthy and have a great rest of the summer!





Eric's Beauties



STANDING EXERCISES



One-Leg Balance
 Balance on one leg.
 Repeat on the other leg.
 Begin on a firm surface.

Calf Raise

Balance on one leg.
 Go up onto your toes.
 Repeat on the other leg.



Hip Raise
 Balance on one leg.
 Lift your hip upward.
 Repeat on the other leg.

Hip Extension

Balance on one leg.
 Extend your hip behind
 your body.
 Repeat on the other leg.



Knee Bend
 Balance on one leg.
 Bend your knee.
 Repeat on the other leg.



***** Perform all exercises by holding onto a chair for safety*****

Balance: Repeat 3 reps on each leg for 30 seconds

Calf Raise: Hold each Raise for 3-5 seconds

Repeat 15 times on each leg
 Build up to 3 sets

Hip Raise: Hold for 1-3 seconds
 Repeat 30 times on each leg

Hip Extension: Hold for 1-3 seconds
 Repeat 30 times on each leg

Knee Bend: Hold 1-3 seconds
 Repeat 30 times on each leg

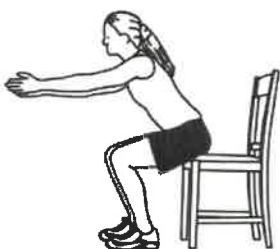
Seated Stability

Tighten core muscles prior to moving limbs

For beginners: keep core tight and raise one arm or leg at a time
 Repeat 15 times for each limb

Advanced: Raise the opposite arm and leg simultaneously while keeping your core tight
 Repeat 15 times and switch sides.
 (DO NOT lift both legs together as pictured)

Minisquats



- With a chair behind you for safety, clasp hands around a pole and lower body weight as if you are about to sit in a chair
- Return to an upright position after lowering to an angle of 90 degrees
- Be sure to not allow knees to bend over toes.
- Do 2 sets of 15

IMG-PT STUDENT PROFILE:

Natalie Hardiman

Hello everyone! My name is Natalie Hardiman and I am a third-year student in the Doctor of Physical Therapy program at Thomas Jefferson University in Philly. IMG-PT is my first clinical rotation, and I will have two more clinical rotations before I graduate in May 2021. I have always been a very active person, as I played multiple sports throughout the years. I first became interested in physical therapy after I broke my hand playing softball and needed physical therapy myself. I found the process fascinating, as I was barely able to use my hand when I first started therapy but was able to go back to my previous function by the end of my PT. Taking additional classes and observing other physical therapists helped solidify my decision to become a physical therapist. I recently obtained my LSVT-BIG certification, which is a physical therapy treatment protocol for individuals diagnosed with Parkinson's.

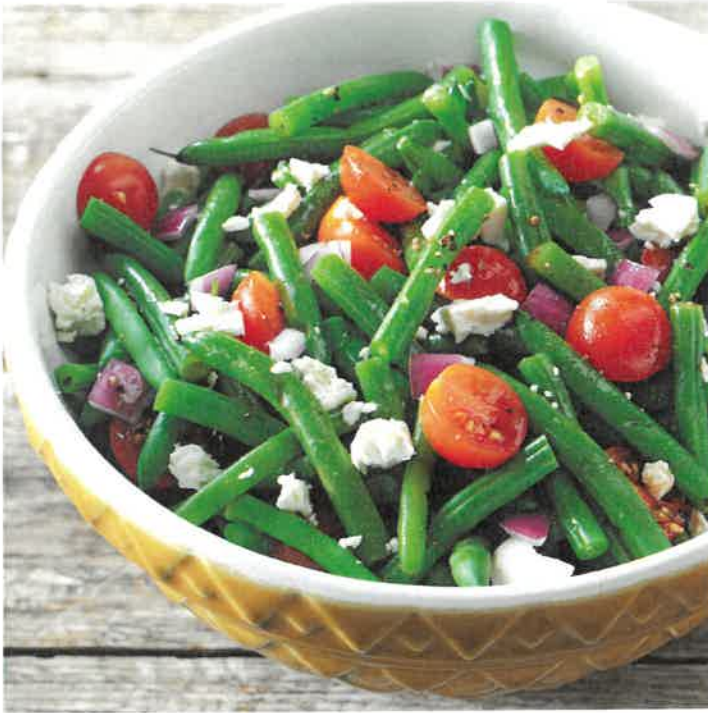


I was born and raised in Eastampton, NJ with my parents and two older brothers. In 2018, I earned my undergraduate degree from Quinnipiac University in Connecticut. I enjoy spending my free time with family and friends. Pre-COVID, I would enjoy attending Philly sports events and many concerts with my friends. Anyone who knows me knows that I love listening to country music and Florida Georgia Line.

Thank you to the staff and patients, as all of you have been so welcoming and helpful since I've started here at IMG-PT. I have already learned a lot and I'm looking forward to getting to know all of you during my time here!



Balsamic Green Bean Salad



TOTAL TIME: Prep: 30 min. + chilling

YIELD: 16 servings (3/4 cup each).

Ingredients

- 2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground mustard
- 1/8 teaspoon pepper
- 1 large red onion, chopped
- 4 cups cherry tomatoes, halved
- 1 cup (4 ounces) crumbled feta cheese

Directions

- 1. Place beans in a 6-qt. stockpot; add water to cover. Bring to a boil. Cook, covered, 8-10 minutes or until crisp-tender. Drain and immediately place in ice water. Drain and pat dry.
- 2. In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add onion; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, stir in tomatoes and cheese.



"Thank you very much!! Before I came here I couldn't bend my knee or walk without aid of a walker. Now I can walk a mile without much difficulty. I can work in my flower beds which is one of my favorite things to do! I can't wait to go swimming. You did a great job in getting me back to being myself. All of the employees here are great! Thanks again...." G.S. 6-12-2020

"My experience at IMG was great. The people that work here know what they are doing. I will return." P.P. 7-16-202

"I'm really impressed with the staff and treatment. Everyone was polite, friendly, knowledgeable, and professional. I will highly recommend IMG-PT. Their treatment allowed me to regain strength and mobility and hopefully avoid surgery." E.W. 7-10-2020



Follow us 😊



We have resumed our workshops. Watch for more information in your email and on our FB page. Seating will be limited and arranged 6' apart per CDC guidelines.