

PT HAPPENINGS

Family
Road Trips



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 2021

From the Desk of Eric Road Trip

Hello All,

I hope that your summer is going well and you have been able to enjoy the warmer weather. I know my family has enjoyed a little time off from the busy schedules that come with the girls sports and school activities. At the office we are also experiencing the usual summer vacation bug with several of the staff off for a little rest and relaxation. For those of you wondering...yes Chris and his family will be going to Disney this year after a long hiatus, yet another sign things are getting back to normal.

As I write this my family has just returned from a trip out to the major vacation destination of..... Kansas. I know it is the first place that comes to your mind, is a trip to visit the Sunflower State. My parents and some of my immediate family live out there, and so we decided to make the pilgrimage to see them this summer. We looked at plane ticket prices and flights, but with the price of flights for a family of four and the uncertainty of a lot of flights getting cancelled we (Gulp) decided to drive, yes drive to Kansas. For those of you wondering that is about 1,200 miles, or about 20 hours of driving and road tripping fun. We split the trip up into two days and stayed just outside of Dayton. As you can imagine traveling with a 7 and 9-year-old they need to be entertained. Think the movie Gladiator "Are you not entertained", or they will begin to turn on each other and that can make for a very unpleasant road trip. I must say that we used a lot of the electronics to keep them entertained, watching movies and playing video games, but that only lasts so long. We then had to resort to playing car games. There and back we got to play a lot of car games including the license plate game, the alphabet game, the cow game, and one of my personal favorites bird, beast or fish. This is where the person who is it picks a bird, beast, or fish and then the others in the car have to guess what it is by asking yes or no questions. A version of the game 21 questions. While the miles did not fly by, it took me back to my childhood and passing time traveling in the car to a much anticipated vacation destination. I am sure you can think of some favorite car games you have played as a kid or even now. If you have any favorites you would like to share, message us on Facebook, maybe I can use it on my next road trip with the kids.

I can tell you that after 20 hours in the car my back was bothering me, and at times I was getting pain down into my right knee. I also felt like a stiff unfolding lawn chair when we would stop to get out of the car for rest breaks. I know many of you can relate to these feelings even when you haven't been traveling 20 hours in a car. Give us a call at IMG PT, we have customized plans to help you with any tightness/stiffness you may be experiencing as well as specific treatment techniques and exercises to relieve your low back and knee pain, which can be very closely linked. Call this month for a free consultation and get yourself ready for your next road trip adventure, or just back on the road to being able to do your daily activities.

IMG PT is here to help.





Denise spent a week in NY close to the 1000 Islands camping. This was her view from her campsite.



Mason and Briley playing an intense game of WAR. (Denise's grandchildren)



Chris' family at their happy place--Disney



Eric's family on the lake in KS



Family Vacation Photos

Meet Casey

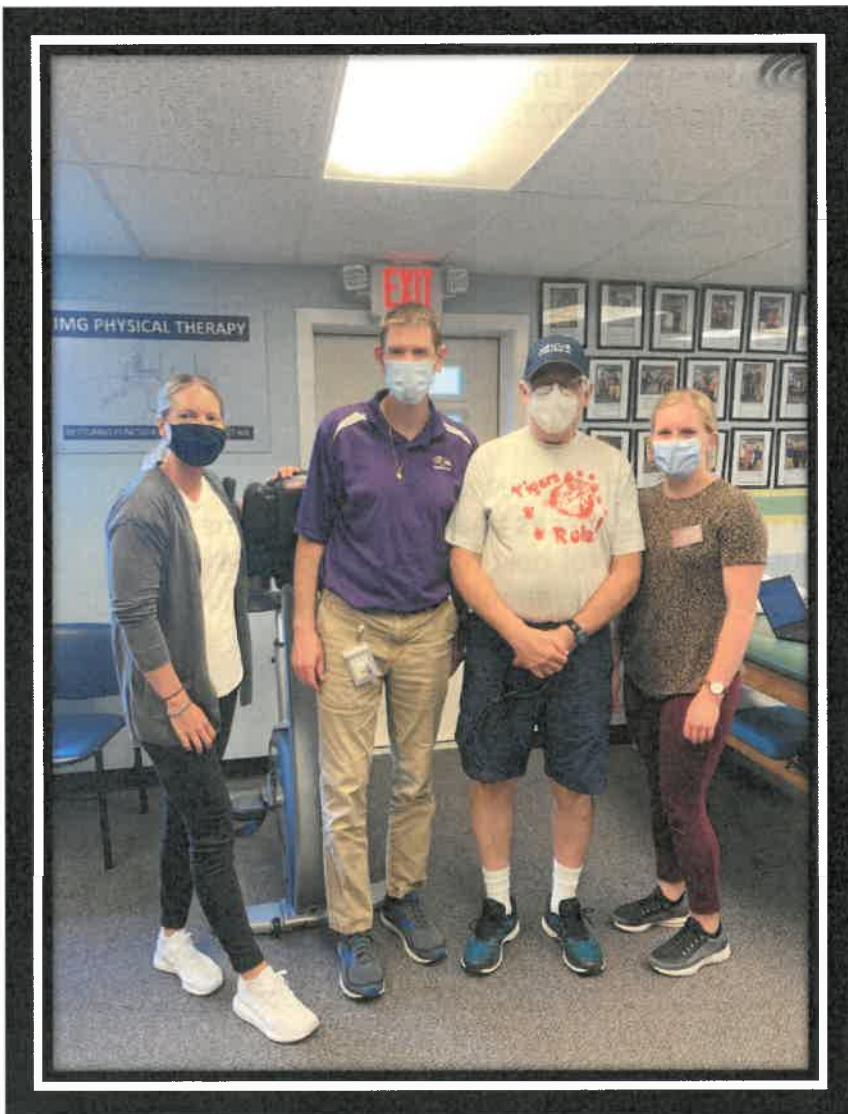
Hi everyone! My name is Casey Udicious and I am a new aide here at IMG Physical Therapy. I am originally from the Allentown area but recently moved to Kutztown. I grew up dancing from the age of 4 until I graduated high school. I then attended the University of South Carolina where I studied exercise science. I graduated this past May 2021 and I am now planning to pursue my Doctorate of Physical Therapy in Fall of 2022.

I always knew I wanted to work in healthcare but was unsure what career that would be. After shadowing various healthcare facilities, I immediately knew physical therapy was right for me. As a future physical therapist, my goals are to help people feel better and return to doing what they love as well as educate people on how to live healthy and active lives.

When I am not at work, I enjoy spending time with friends and family, travelling, and staying active. One of my favorite places I have visited was the Basque region of Spain and my absolute dream travel destination is Greece. I love spending time outdoors whether that's hiking, swimming, kayaking, or just relaxing at the beach.

I am so excited to be joining the IMG team and can't wait to work with such awesome staff and patients!





"I was very impressed with the professionalism of every therapist that worked with me. Not only were they very professional but also very personable and attentive. It really felt like everyone sincerely cared about my progress and how I was feeling every day. I cannot say how much I have appreciated this treatment by each and every person. I would have no problem highly recommending IMG-PT to anyone who needs PT. Thank you so much for all you have done.

Additionally I was very impressed with all the interns who were so helpful. I would especially like to thank Mabry for all her attention from the beginning. Wherever she goes from here after she completes her program she will be very successful. Any place will be lucky to have her."

John B. 7-26-2021

Upcoming workshops here at our office:

August 19 - Rotator Cuff @ 6pm

September 2 - Knee Pain @ 6pm

September 16 - Rotator Cuff @ 6pm

610-944-8140