

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

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December 2017

From the Desk of Eric Parrish

The Very Young at Heart.....

Hello to All,

I hope that all of you have been able to enjoy some of the warmer late fall weather. Even though the weather has been warmer that will not stop Christmas from coming. In support of the start of the Holiday season, the trains are now all set up and ready for people to come and visit. We would love to see you and find out how things have been going for you since you were last here. Feel free to bring the kids/grandkids/friends/family/ and the young at heart to see the display.

One of the reasons I think I enjoy setting up the trains so much is it brings back the joy I had working with my dad to set up the trains as a child. I know a lot of people who come to see the trains at the office will tell me about their childhood memories of setting up a train or different childhood memories related to the holiday season. I enjoy seeing people's faces light up as they look at the display, both the young and the young at heart.

As some of you know I just turned 40 in November, and while I cannot describe myself as young anymore, although I almost stayed 39 for another year. Chris got confused and thought I was just turning 39 this year. I was hoping this could have gone on for a few more years. After all he is older than me and probably would have forgotten each year, unfortunately I believe Denise intervened and the gig was up. On my birthday for most years my mother would get me and my sister and cousins each a clown cone. These are ice cream cones turned upside down, with icing faces, a cherry nose and the cone as a hat, usually with a cookie base. This tradition has lasted to this day, much to my cousin Brian's chagrin. I must admit as a very mature and sophisticated 40 year old.....I still really like having a clown cone on my birthday and setting up my technical model railroad (i.e playing with trains). These are just a few activities, that as I creep into middle age, bring me back to my youth, and bring me joy in the memories of times gone by, and celebrating the present, while keeping me young at heart. My challenge for you is to do something that you did in your youth, that maybe you have not done in awhile during the Holidays, no matter how silly it may seem or how sophisticated you have become. The Holidays are a great time to lighten up and embrace being young at heart.

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While many of you may feel young at heart, your body may not be sending you the same message. Maybe pain is limiting you from enjoying some of those activities you once enjoyed or keeping you from enjoying time with your friends and family. We are here to help get you back to functioning the way that you want to and doing the activities that make you feel young at heart. This month we will be giving free back pain screen to people 40-100 years old (see attached coupon for details).

From our IMG-PT family to yours we wish you a Merry Christmas and a Happy New year!



AT THIS TIME OF YEAR PAIN CAN BE THE REAL GRINCH...
Don't let the "Grinch" steal your Holiday spirit and hold you back!

DECEMBER SPECIAL

Free Back Pain Screening.

Don't put up with that back pain any longer!!

Call us today-(610)944-8140-to schedule your free screening at IMG-PT

Expires 1/15/2018

Happenings from IMG-PT



THE TRAINS ARE HERE!!!!



Congratulations Tim and Liz on your engagement. Tim was a student from Misericordia. He was at IMG-PT October 2014.



Our patients are the best. Here are some holiday cupcakes that we enjoyed.



***REFER A FRIEND
and
GET A GIFT!!***

They must come in four or more visits for you to receive either a t-shirt, flashlight, cooler bag or drawstring bag. If you send a second person who comes in four or more visits then you will receive a \$25 gift card, 3 or more referrals will earn you a \$50 gift card.

THANK YOU!!

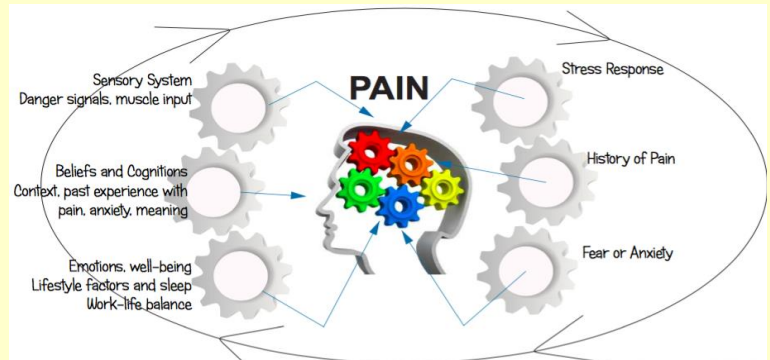
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Chronic Low Back Pain - Beyond Physical Treatment

Chronic Low Back Pain

is defined as low back pain that lasts more than 12 weeks. While most chronic low back pain will improve with the usual physical treatments (medication, rest, injections, or physical therapy), some instances require a different approach. Understanding how pain works in the brain and how biopsychosocial factors can impact pain may be the best approach. If you think this approach may be best for you, schedule an appointment with IMGPT for an evaluation today.

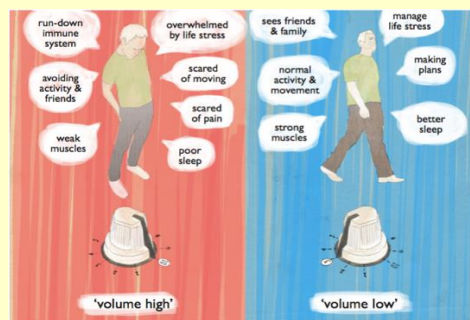
Pain Interpreted in the Brain



Points to Remember

- Chronic pain is different than acute pain. Chronic pain is not a good indicator of damage.
- Chronic pain involves the nervous system and an 'increased volume'.
- Pain is not a conscience decision, but thoughts and decisions can impact pain turning the volume up or down.
- The brain is interconnected and forms patterns. Sometimes pain is connected with movement, which makes it hurt to move or even think about moving.
- Biopsychosocial factors – emotions, beliefs, environment – affect pain and need to be addressed to turn down pain.
- You can regain control and begin the positive cycle by increasing activity, working towards personal goals and thinking differently about pain.

Your back is one of the strongest structures in your body - it is very difficult to permanently damage your low back

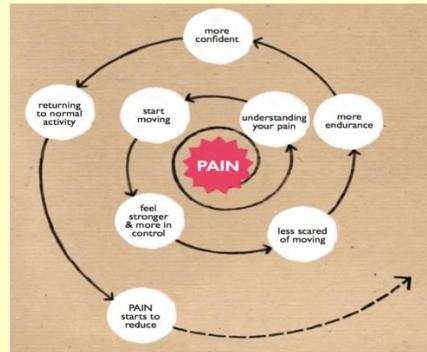


When the 'volume' is high on pain, our thoughts can play an important role in **magnifying** pain or **quieting** it. If the volume has been high for a long time, a slow process of **graded exposure to movement** can help turn the **volume down**.

Motion is

Lotion!

Relaxed, unguarded movement will help your back pain settle. Muscle guarding - increased tension in the muscles can contribute to low back pain.



A great way to quiet pain is to **focus** on your **goals** rather than the cause of your pain. Activity goals can **strengthen** the body and retrain the nervous system to **dissociate** pain and movement. Start slowly and progress without pain.

Tips to stop the downward spiral and turn down the volume on pain

1.) Increase General Activity

Staying active and improving your fitness can be difficult with chronic pain, but gradually increasing activity levels can reverse the negative cycle of pain and inactivity. Exercise can strengthen weak muscles, improve endurance, and improve mood. Start with low intensity general exercise like walking or biking. Commit to 20-30 minutes 3-5 times a week. If you have been inactive for several months you may still feel pain or soreness when you start. Remember that pain is not the same as damage.

2.) Work towards personal goals

Focus on things you want to do and gradually work towards those things, instead of trying to 'fix' your pain. Concentrating on a goal can distract you from pain and help your brain shift focus to other areas. Make the goal(s) important to you and realistic. Trying to run a marathon in 3 months is probably not realistic, but doing the dishes without sitting down or walking several blocks may be more realistic.

3.) Think differently about pain

Many who suffer from chronic pain think about pain often, if not constantly. This can lead to anxiety. If you find yourself fixated on your thoughts about pain, you may need to learn more about how pain works. Remember pain is the interpretation of input from the brain. Seek out more information about pain education from these websites:

These two resources have workbooks to help understand the relationship between pain and the brain and provided much of the content in this hand out:

<http://know.pain.co.uk/wp-content/uploads/2014/05/TazzyPersistentPainBooklet.pdf>

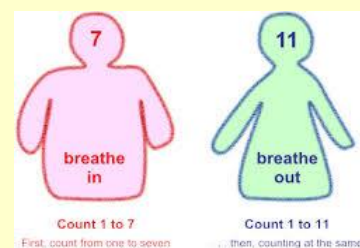
<http://www.greglehman.ca/2015/02/02/pain-science-workbook/>

The NOI group published a book called Explain Pain which is useful, but expensive. The link below has free resources available from the same group.

<http://www.noigroup.com/en/Resources>

When thoughts about pain take over, deep breathing techniques can calm harmful thoughts. The link below has a quick five-minute breathing technique to calm anxiety.

<http://www.mindful.org/a-five-minute-breathing-meditation/>



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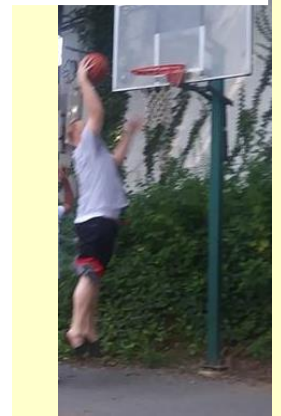
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Hello everyone! I'm Kevin Yoh, a third year Physical Therapy student from Alvernia University, currently working here at IMG under the wonderful tutelage of Chris and Eric. Prior to Alvernia's DPT program, I attended Penn State Berks, where I graduated with a Bachelor's of Science in Kinesiology in December of 2014. I'll be working with the rest of the amazing IMG staff for the next few months and look forward to developing many meaningful relationships with everyone that comes in for therapy!

I'm born and raised from Reading, but spent summers living outside of Seattle, Washington with my Air Force father. I grew up to be a diehard fan of the Pittsburgh Steelers, the best team in the NFL, just ask Chris! I'm also a huge fan of the Oklahoma City Thunder in the NBA, due to my allegiance to the Seattle Supersonics and the childhood memories I have of Gary Payton and Shawn Kemp "pick-n-rolls". As you can probably tell, my life revolves around sports and that's exactly what attracted me to this profession.

I've played countless hours of basketball throughout my life and dealt with my fair share of ankle injuries, so I've attended a lot of therapy. I think it's important to have a personal perspective of the rehabilitation process to better understand how to help others during their journey through physical therapy. I hope I'm able to use this to make everyone's time a little more enjoyable!

When I'm not in class or out at a clinic, I prefer to be playing basketball or throwing around a football (and I swear that hoop on the right is 10 feet!). I spend a lot of time with my childhood friend's two adorable boys and my godsons, Mason and Noah, and as you can probably tell from their pictures at the bottom, they are a handful! Other than that, you can probably find me watching some sort of sporting event constantly checking my fantasy teams' scores.



Since I'm in my last year of Physical Therapy school, I wanted to make sure to pick a clinical affiliation that will give me a deeper understanding of this profession. I must say thank you to Chris, Eric, and Denise for providing me with this opportunity to learn under such renowned rehab professionals. The knowledge and experience gained from this staff during my stay with IMG will never be forgotten and guide me through the process of becoming a Doctor of Physical Therapy. I look forward to meeting and learning about all of you in the upcoming months!



IMG-PT Student Profile:

Alyssa Fearheller

My name is Alyssa Fearheller, and I am currently finishing my last year of graduate school at University of the Sciences of Philadelphia, where I am earning my Doctorate degree in Physical Therapy. I have the pleasure of finishing my fourth and final clinical experience here at IMG PT. I have grown to love the outpatient setting, and have decided that upon graduating, I am excited to start my journey as a physical therapist within this setting. I ultimately hope to further my career with a focus on sports rehabilitation with the accomplishment of earning a SCS.

I have a fraternal twin sister who looks absolutely nothing like me. In my free time, I love to enjoy the summer weather on the back of my Suzuki Gsxr-600. Riding a sport bike is one of my favorite hobbies. I also have a 1 year old red husky named Koda. He has one blue eye, and one green eye and requires 3 walks per day. He makes a great running partner and keeps me active. I also enjoy riding horses for fun and teach riding lessons from beginner through advanced levels.

My love for horses ultimately ignited my dreams of becoming a PT. When I was younger, I volunteered at a therapeutic riding barn where they taught both physically and mentally disabled people how to ride a horse. The progress and the successful change I saw in these riders were astonishing, and I knew then that I wanted to be a part of that change. I wanted to help people get better so that they may be able to enjoy life again, regardless of their impairments. Fast forward to where I am today, and I couldn't be more proud of the journey that I am on. As I prepare for graduation in May 2018, I look forward to working with all of my future patients rehabilitating them to achieve their full potential.



Patient "Graduation" Photos and testimonials



Thank you IMG for another great experience and for helping me with my back again! My back feels better and stronger than when I came in. Work is going better, especially since adding the box carrying exercise. Thank you Kevin for working with me. Charlene S.



Eric and Chris are Life Savers! Their goal is always to improve my state of being- relieve my pain and encouraging my physical health. Sciatica caused me extreme pain. I could not sit, lay down or fall asleep.



Sciatica attacks at any time of the day-left me helpless and hurting. Within 2 visits I was sleeping through the night. With their guidance I continue to improve. I am better & better every day. Heather S.

I was experiencing extreme lower back pain while I was at work that prevented me from doing my job. After physical therapy, I feel great and feel back to normal. I am able to complete all my duties at work without any pain. Everyone here was very friendly, helpful and knowledgeable. Zach F.

I struggled to walk long distances without losing strength and function in my left leg. I also couldn't get off the floor without using my arms. After therapy I can carry things a good distance and walk as far as I have to. It is nice to do simple things at home again such as dishes or cooking without having to sit down every 5 minutes. Life seems so much better when you can move around when you want without being limited by distance and having to sit down all the time. Raymond L.

The pain affected all aspect of my life-walking, climbing stairs, aerobics exercises, tap dancing, swimming classes, carrying packages, etc. Now I can do everything. There are times the muscle becomes irritated but a little rest and it is fine. Nancy B.



Chris, Eric, Denise, Morgan, Alyssa, Madi and Kevin