

# 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

December 2018

## From the Desk of Chris Gordos

Happy Holidays to All!!!

We have had such dreary weather for all of 2018, that I thought everybody could use a good laugh. I get requests every year for my gasoline Christmas Tree story. I am copying the story below. It was completely true and is a family legend as this point in time. I hope you enjoy it.

"Happy holidays to all...I wasn't going to write a Christmas letter this year...I don't know why, I just do not feel like it...that being said, I do have a funny (depending on your perspective) story to pass along...I am making the assumption that most of you have seen the movie "Christmas Vacation" with Chevy Chase as Clark Griswold...the movie opens up essentially with the family looking for a tree...that is how my story begins and hopefully ends...so we returned from Atlanta (visiting Kristin's family) to try to get a Christmas tree, however we are delayed in Atlanta because our wing flap is broken...no problem, because we don't want to be fish food in the Atlantic...we taxi back to the terminal and the mechanic is there to fix the plane...at least that is what is suppose to happen...he, the experienced mechanic of US Airways, goes to look at the problem and gets hydraulic fluid in his eye...he is rushed to the health care center...did I mention that in the meantime we have a screaming child waiting to eat...cannot feed him until airborne because that will help equalize the air-pressure...the second, supposedly more experienced mechanic is actually able to fix the plane without needing medical attention...Is it a wonder these companies are going bankrupt?...we finally do leave and after sprinting through the Philly airport do arrive home a little frazzled...so, back to the tree part...we go to look for the tree that night...Home Depot (you know the place that has everything) is sold out...sold out?!?...but it is over a week away from Christmas. well lets go look at another place's trees...the Charlie Brown trees (if that is what you want to call them) are less than attractive...

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no problem...we will go today...mind you it is the 18th of December....less than one week away from Christmas....Kristin stops at another place that was recommended to us on her way home and the only trees at the place are amazing, but literally 12-14 feet tall...I wasn't planning to put up the Rockefeller tree...how do you decorate a 14 foot tree?...they no longer have the 7 and 8 foot trees....you guessed it all sold out...so we drive around for 30 minutes looking for a tree....find a place...Kristin haggles...we spend too much....but hey its Christmas (and I am cold and hungry and Andrew has begun to get cranky again)...so we tie the tree to the roof (this is important and actually a stroke of luck) instead of putting it into the trunk...salesman wanted it in the trunk, but who wants to clean needles out of the car in July...why July...how often do you think I clean my car...and it is cold outside...so we are finally on our way home with Andrew's first Christmas tree, the visions of a Hallmark Christmas (You know the story, Boy meets girl, Boy loses girl, Boy gets girl back again, Kiss, the end) dancing in our heads...so we get on the highway and this guy behind me starts flashing his lights at me...oh \*\*\*\* the tree, but wait the tree is fine, I am an Eagle Scout and I tied the tree...you know square knots, bowlines, the such...the tree is actually fine...so why is the guy flashing me?...well this tractor trailer meanwhile, who is going about the same speed as me, pulls right up next to me and my windshield is getting splattered...Kristin and I look at each other...it hasn't rained here lately (York county pronunciation actually sounds like reindeer lately)...remember the guy, now WAY behind me, is still flashing his lights...hope the tree is ok...then Kristin goes do you smell gas...

cont: From the Desk

you have got to be kidding me...this whole segment has gone on for approximately 1- 2 miles...this guy forgot to put on his gas cap and is spraying my whole car with gas....and you guessed it the Christmas tree too...so what would you do...yes, you too would go to the nearest car wash at 7:30 pm and wash your car and tree off...people around us must have thought we were completely nuts...of course we do live in Berks County...so here we are Kristin and Andrew outside in the freezing cold watching daddy wash off the car and a tied up Christmas tree, with mind you soap and water...so we get home and after consideration decide that water and gas do not mix to well...see Mom and Lawler's, your children's combined 350 thousand dollars worth of education comes down to water and oil do not mix...since putting on lights that are supplied with electricity and gasoline probably aren't the smartest thing in regards to fire safety the tree is out in the garage...so tomorrow, you guessed it we go again looking for the Gordos Christmas Tree...do these things come with any type of warranty...this time I am going to ask for a gas repellent tree...makes you almost want to be Jewish...the moral of the story is that if you want your car washed in the middle of December when it is cold outside just call me up and I would be happy to go get a tree for you...hope all of your holidays are just as fun filled as our Griswold Christmas this year.

Yes, we still go and cut down a live tree every year. I am pushing for the pre-lit eternal Christmas tree, but my wife wins the war of tradition vs. convenience.

If you are experiencing any type of pain or discomfort that you are worried will prevent you from enjoying your holiday, please call us ASAP. Get in before your deductibles reset for the year. Happy holidays and a Happy and healthy 2019 to you and your family!!!!



## Student Profile: Lauren Smith



Hi everyone, my name is Lauren Smith and I will be with IMG-PT until the second week in January. I am in my 3<sup>rd</sup> and final year of my Doctor of Physical Therapy degree at Alvernia University in Reading. I previously went to West Chester University for my Bachelors of Science where I studied exercise science, pre-physical therapy. I

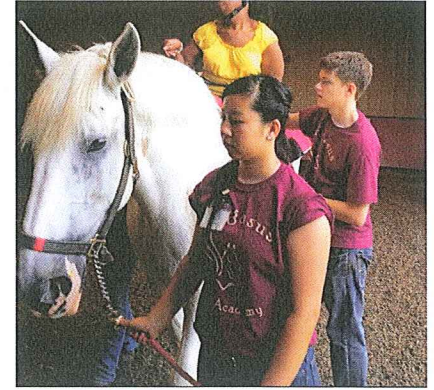
grew up in Summerdale which is a small town across the river from Harrisburg. I graduated in 2012 from East Pennsboro High school, which is also where most of my family attended. My parents, Barrie and Susan, still live in Summerdale, while I have an older brother, Josh, who lives in West Chester with his wife and son. You may often hear me talk about my nephew, Lincoln, who recently turned 15 months old and can always put a smile on my face. My brother also has two dogs,

Maverick and Keira, which I call my own from being around them so much. In my free time, I enjoy spending as much time with my family and friends as possible, whether we are out at sporting events or dinner, vacationing at the beach or just at home having a game night. I am a Flyers and Eagles fan and watch or go to games when I am able to. I love holidays and am always up for a conversation about the newest Hallmark Christmas movie. I am currently living in Wyomissing with two of my best friends who are also my classmates. I played soccer my whole life, which is part of the reason I was drawn to physical therapy. I suffered many injuries over the years and had to become a patient myself once or twice. I thought it was amazing how they helped me return to what I loved to do and originally wanted to work with athletes myself. I currently am undecided as to what setting I would like to work in when I graduate, but am very interested in pediatrics and acute rehabilitation. I really enjoy helping others and cannot wait to get a chance to make an impact on others' lives for the rest of my life. I have already loved getting to meet and work with many of you and look forward to the rest of my time here at IMG-PT!



## Student Profile: Victoria Ngo

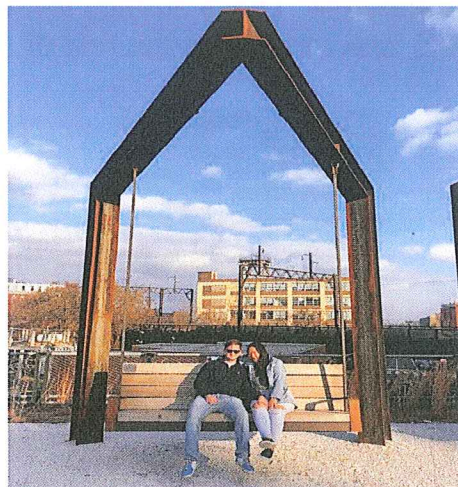
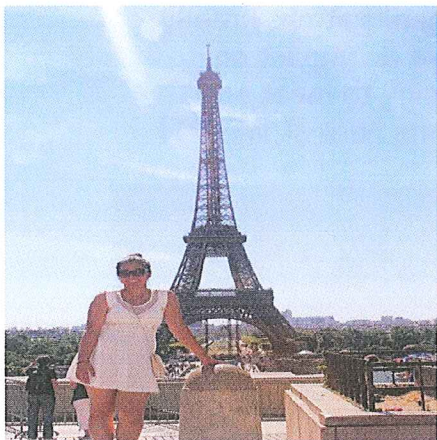
Hello, my name is Victoria Ngo. I am in my second year of PT School at University of the Sciences in Philadelphia. I did a 3+3 program at my school which means I did my undergrad in 3 years then directly went into PT school. This is my first clinical site I will be at and I am thankful for the opportunity IMG-PT has given me for letting me learn and dealing with me for 8 weeks ☺



I was born and raised in Philadelphia, I bleed green and any other colors that have to do with Philadelphia sports (GO BIRDS! and Trust the Process!). I am the oldest sibling and have only one younger sister, who lets me complain about how hard PT school can be. When I have free time not being a PT Student I like to travel and try new restaurants with my boyfriend, Mitchell. My friends, family and boyfriend are my biggest supporters when it comes to school or any aspect of my life.

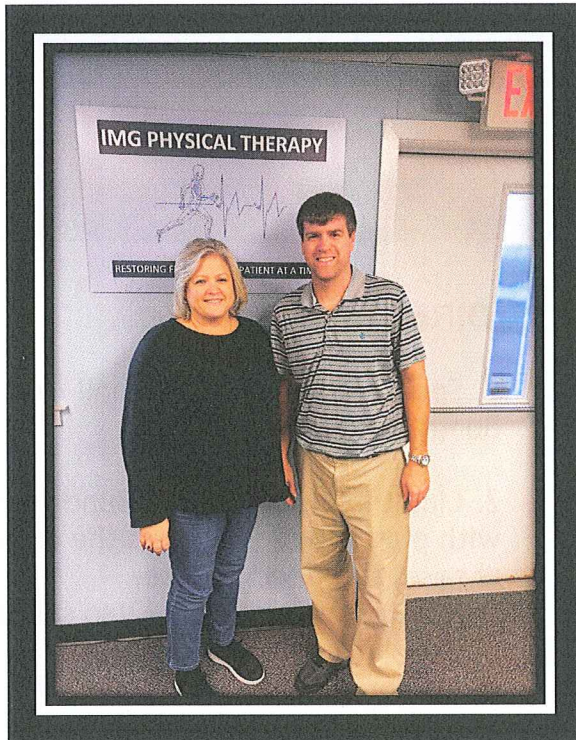
I love animals from the pictures you have probably seen. I recently just became a cat mom; however, I love all animals. I started my love for animals when I started working at Pegasus Riding Academy. I know what you're thinking, a barn in the city? Well yes, it is a barn in the city and hippotherapy is a form of physical therapy. I had an opportunity to work and volunteer for this non-profit organization that helps people every day, it opened my eyes to a whole new world and aided on who I am and why I study physical therapy.

Some things to know about me is I love to eat, all and any types of food. Cheese is my favorite condiment, and yes, it is a condiment. I watch way too much Netflix when school is not in session. I've traveled to many countries, it's my guilty pleasure which I would suggest to anyone. Lastly, thanks for reading about little old me, the only real thing you have to know is the way to my heart is through my stomach!



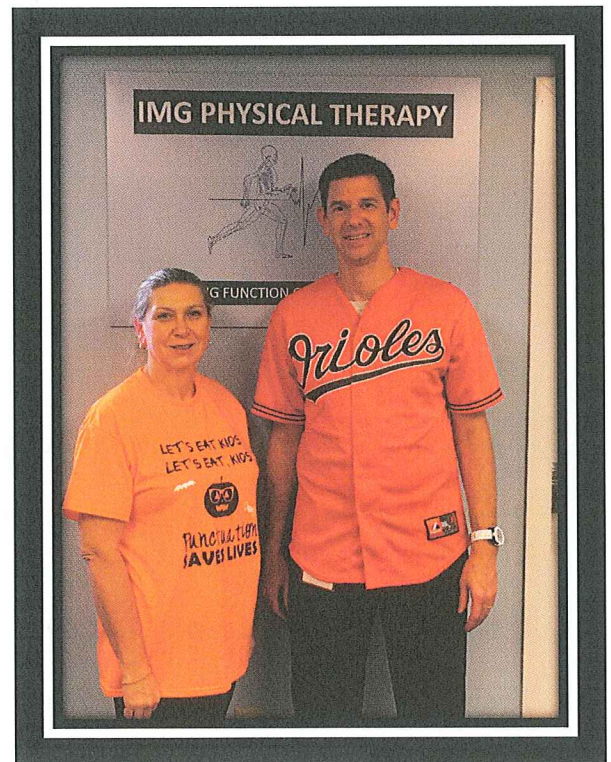


# Patient Graduations!!



"Before physical therapy, I had a hard time changing my shirt, pulling my car door shut and even reaching out to my child. Today, I have very little problem doing any of those things. The exercises I was given have been key in feeling better."

Karen S. 11-08-2018



"Before therapy I couldn't walk any great distance without pain or do steps without pain. Now I have days where I have little to no pain at all. There are still times when I have pain but I feel much better than I did in September when I first started. As long as I continue to do my exercises and use ice and heat, I feel I will continue to improve. Plus I always know where I can come if I regress!"

Sherri R. 10-31-2018

**Free Low Back/Sciatica Workshop at  
IMG-Physical Therapy  
Saturday, December 15th 10 am.  
Call 610-944-8140 today to reserve your seat.**

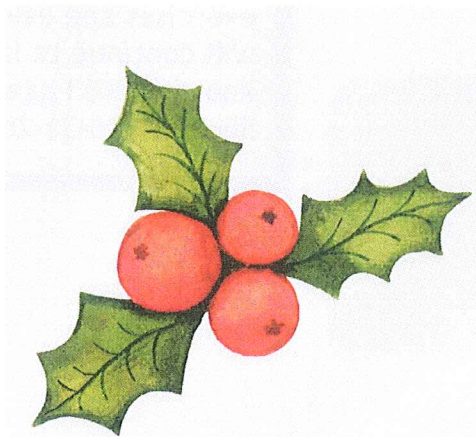
# Holiday Cheese Ball Wreath



## INGREDIENTS

- 1 pound cream cheese, at room temperature
- 2 cups shredded firm cheese, such as Cheddar, pepper Jack or Colby
- 2 teaspoons Worcestershire sauce
- Kosher salt and freshly ground black pepper
- 1/2 cup pickled piquante peppers, such as Peppadews, finely chopped
- 1/4 cup finely chopped fresh chives
- Crackers, sliced bread or crudites, for serving

Prep time: 1 hr 15 min  
16-20 servings



## DIRECTIONS

1. Special equipment: A small (6C) Bundt pan
2. Line the inside of a 6C Bundt pan with plastic wrap. Process the cream cheese, shredded cheese, Worcestershire sauce, 1/2tsp salt and a few grinds of pepper in a food processor until smooth. Empty the mixture into a medium bowl, and fold in all but 2T of the chopped peppers.
3. Spoon the cheese mixture into the prepared Bundt pan; pack it in, spread into an even layer and cover (or simply form the cheese mixture into a ball and wrap tightly with plastic wrap). Refrigerate until chilled, at least 1 hour up to 2 days.
4. Uncover and invert the cheese mold (or unwrap and transfer the ball) onto a serving platter. Sprinkle with the chives and parsley to completely coat the wreath, and garnish with the reserved 2T peppers. Serve with crackers, sliced bread or crudites.