

PT HAPPENINGS



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December 2020

From the Desk of Chris

Happy Holidays.....

Thanksgiving is over and the Christmas and Holiday rush has begun in earnest. The trains are up, but a little smaller than normal because of the office rearrangement. It is hard to believe I am sitting down to write the last newsletter of 2020. Part of me is so happy to be writing this particular letter because like all of you, I cannot wait for this year to finally end. Between media fatigue of the election and the non-stop covid coverage, pandemic fatigue with the whole mask thing, social distancing, lack of sports etc, the insect invasion of lantern flies and murder hornets, and all of the natural disasters in the World, this has been a memorable year to say the least.

I recently heard someone who said something that I thought was worth sharing. "I do not want to just exist, I want to **LIVE!!!**" After a very challenging year, I think many of us have either forgotten how to live, or are unable to do the things that we want to be able to do in life. There is a common trap to think about what we are unable to do, or how much better our lives used to be. Instead of focusing on all of our current blessings and opportunities. The cliché when one door closes, another one opens is very appropriate during our current situation.

Looking back on 2020 I have some great memories. My son, Andrew, graduated from high school and attended his first semester at my wife's and my alma



mater, the University of Scranton. He was one of the lucky ones who was able

to spend the whole semester at Campus. He is back home now and we are so happy to see him. Anyone want to place bets on how long it takes until we are ready to see him go back to school?

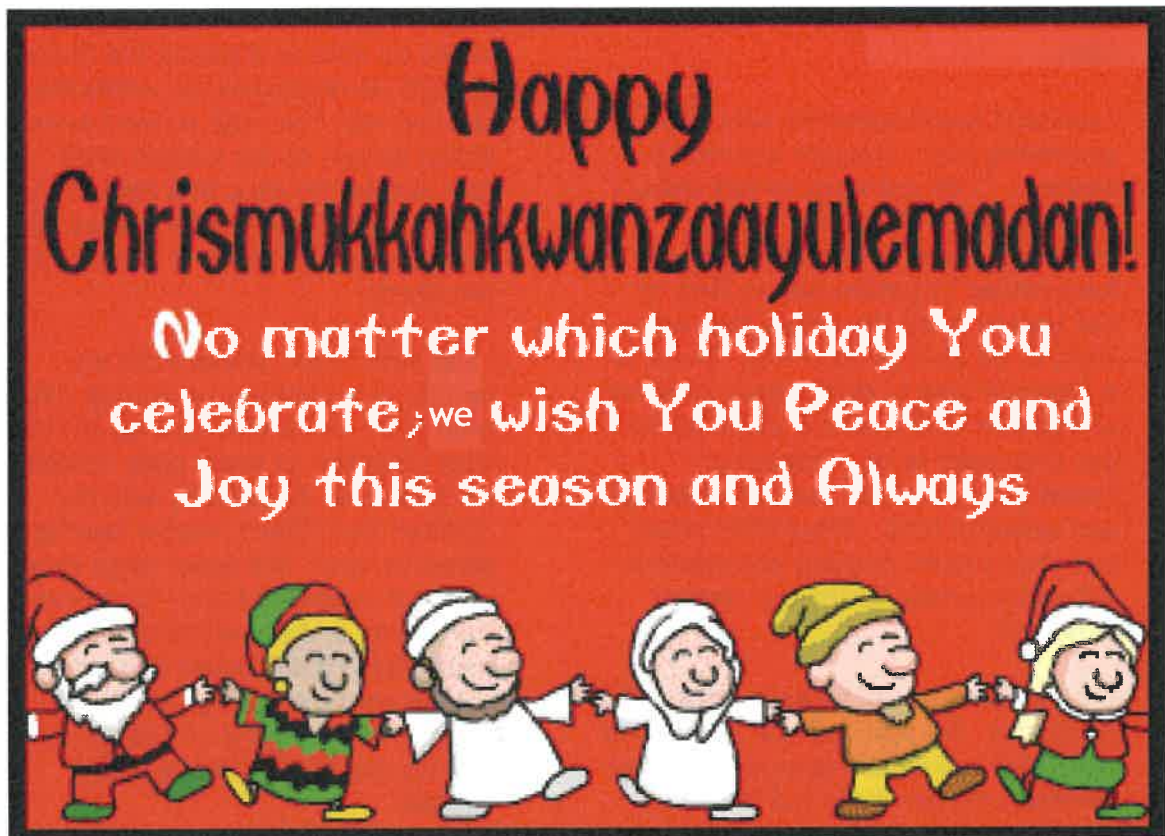
How many times in your life have you said, if I just had some extra time I would be able to organize the house. In 2020 we organized the whole house, starting with the attic to the basement to the garage to the outside shed. I feel like our house is 50% lighter and less cluttered, except for the garage sale pile section which is bursting at the seams.

I was able to eat dinner with my family, as a family, at a normal dinner time more in a 6 week period of time than I had the 15 years prior combined. We had some discussions with my children that didn't involve looking at a phone or Ipad. We spent more time with our extended family that lives in the county and found trails near our house that I didn't know existed. I was able to return to doing something athletic with running on those trails, and my dog couldn't have been happier.

We moved my mother into the Phoebe home where she has started to develop new friendships. She is learning to play corn hole with a group of people and loving each and every game. While going through the downsizing process with my mother, I was able to relive some old memories brought on by objects and pictures that I had forgotten about or had never seen. I heard stories about my father that I would never have known, like the fact that he paid his way through college playing poker, which is why his grades were nowhere near what I would call acceptable for my own children. A lot of good things have happened to me over the past year. I will try to focus on the positives that have happened to me in 2020 and all of the blessings that life has presented me this year. I am most thankful that during these memorable days that the

support we have gotten for our office from all of you has been extraordinary. We are back to the levels where we were (minus the gym program which we miss you all very much) before the covid crisis hit the United States.

If you are ready to LIVE life and not just exist, then go out and do it!!! If you have pain, weakness, or any other issue that is keeping you stuck in the house, please give us a call so we can get you in ASAP to make sure that 2021 is a year that you will never forget. Happy Hanukah, Merry Christmas, Happy New Year, and any other holiday that I may have missed. Hope to see you soon in person when we can unlock the doors and just have you walk in when you are in the area.



Hello Emily Gilbert

Hello! My name is Emily Gilbert, I am a current third year DPT student at Alvernia University. I am originally from Gilbertsville, Pennsylvania. I graduated from Boyertown Senior High School and continued my education as a member of Alvernia's 3+3 DPT program. When I was applying to college, I was unsure on what career path I wanted to venture down. I was more focused on my opportunity to continue playing golf competitively at a collegiate level. I knew that I wanted to help people and that I had an interest in science and things just fell into place at Alvernia. The more exposure and time I spend in the clinic, the more I fall in love with the physical therapy profession. After I graduate, it is a goal of mine to become a pelvic floor PT and hopefully specialize in gender health PT.

When I am not studying, I enjoy spending some of my free time outside gardening, fishing, hiking, or golfing. If I am not outside, I love cooking and trying new recipes. During quarantine I have picked up some new hobbies that consist of skateboarding, yoga, and I learned how to play the melodica. I have also made the best of the pandemic situation by spending one night a week playing games with my friends over zoom. I am looking forward to spending my next 12 weeks here at IMG-PT learning and expanding my skills as a physical therapist, as well as getting to know all of you!





"After 4 years of constant pain, your team has brought my arms back to full usefulness with little or no pain. Great Staff. Thanks." Jeff K. 11-23-2020

"I came to IMG-PT to help get some strength back to my leg. Some days are better than others, but I feel that my leg is stronger than when I first started my therapy. Thank you to all." Doris A. 11-4-2020



"I was always pretty physically active. I am thankful for the new exercises since they are strengthening my muscles. I do have more flexibility." James P. 11-5-2020

