

# PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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## From the Desk of Eric Parrish

Celebrating 50 years of marriage -  
the long haul.....

Hello to all, I hope that your start of 2017 is going well. The weather has been a little more on the mild side so far this year so hopefully you have been able to get out a little bit and enjoy the outdoors. My family has been busy with the girls starting several new activities in the beginning of 2017. We have started back up swim lessons for both of the girls at the YMCA, and my older daughter is now involved with indoor soccer. She had her first game 2 weeks ago. I went to get her some indoor soccer shoes for the season and found a yellow and pink shoe on display I thought she would like. In my day, the only choice we had was black but now there are all kinds of colors. When the woman brought out the box with the other shoe in it, she opened the box and to my surprise the other shoe was pink and yellow. The salesperson said these are mismatched shoes, it is the new thing. I thought it looked like they just grabbed 2 different shoes that looked alike and asked her if it was possible to get 2 of the pink and yellow shoes. She said no because you would have two left foot shoes. I called my wife to confirm that these would be ok for my daughter, she assured me that she would love them and they were indeed in style, she then asked if they had any in her size. What will they think of next?

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Speaking of mismatched, my parents celebrated their 50<sup>th</sup> wedding anniversary this January. The family went down to celebrate in the Keys, Marathon to be exact. We had a fantastic time and they renewed their vows. Like those shoes I got for my daughter, the 50 years wasn't always pretty, but my parents made it work and really complimented each other, and picked each other up and supported each other along the way. They still love doing things together and I will often times see them holding hands or sharing a laugh together. I am so proud of them for making this milestone and blessed to have been given parents who have stayed together and not only survived (some days I am sure it felt like that) but have thrived together, through 50 years of marriage. Here's to you my wonderfully mismatched parents and to 50 years of marriage and many more great years to come!

Maybe your body is feeling like it is mismatched to you, like you are out of alignment. At times your hips or pelvis can be rotated out of position and this can cause pain in your back, knees, and even into your ankles and feet. For the next few months we are offering free screenings for body alignment. If you are out of alignment we have techniques to help realign the body and then give you exercises to help maintain the proper alignment of your hips and pelvis. Give us a call today and we can help get you straightened up and flying right for 2017!

Happy Valentine's Day from the IMG-PT family to you and your family!





Dolphin splashing Eric's family



Dolphin kissing Kendall



Sisters - Eric's mom Lura and Aunt Alice



Eric's parents-Les & Lura renewing their wedding vows



Eric's daughters-Kendall and Shaylie

The Happy Couple-Lura & Les Celebrating their 50th wedding anniversary.

Also Happy 50th Anniversary to Frank & June Browne.



# Student Profile: Tom McMahon



Siblings  
Dan, Brianna and  
Tom

Hi!

My name is Tom McMahon and I am a 3<sup>rd</sup> year PT student from Drexel University on my final rotation. I grew up in Northeast Philadelphia, and graduated from Archbishop Ryan high school in 2009. I attended college at Bloomsburg University, and received my bachelor's degree in Exercise Science in 2013.

In my free time I enjoy being outdoors and staying active. My hobbies include running, golf, skiing, fishing, hiking, playing guitar, working out, and most recently rock climbing. I love exploring new places and trying new things, and plan on moving somewhere interesting upon graduation (still undecided!). I consider myself a bit of a foodie, my favorites including Spanish food, Thai, sushi, Creole and basically anything spicy.

My professional passions include neurological rehab, continuing general fitness, health and wellness, and falls prevention in the older adult. Although at the moment I am not completely certain of the path I want to take with my career, I am leaning toward neurological rehab in a hospital based setting, and possibly opening my own clinic at some point down the line.

I'm really enjoying my time here so far with the great crew here at IMG, and working with all of you. If we haven't met yet, stop by and say hello!



Great Sand Dunes, CO



Tom with his mother, Barbara



New Mexico

## Totally Simple Beef Bourguignon

By: Campbell's Kitchen



**Serves:** 6

**Preparation Time:** 10 min

**Slow Cooker Time LOW:** 9 hr

**Cooking Vessel Size:** 3.5-quart slow cooker

### Ingredients

- 1 can Campbell's Condensed Golden Mushroom Soup
- 1 cup Burgundy or other dry red wine
- 2 cloves garlic, minced
- 1 teaspoon dried thyme, crushed
- 6 ounces small whole mushrooms (about 2 cups)
- 1 cup frozen small whole onions, thawed
- 2 cups fresh or thawed frozen whole baby-cut carrots
- 1 1/2 pound boneless beef top round steaks, 1 1/2-inches thick, cut into 1-inch pieces

### Instructions

1. Stir the soup, wine, garlic, thyme, mushrooms, carrots, onions and beef in a 3 1/2-quart slow cooker.
2. Cover and cook on LOW for 8 to 9 hours or until the beef is fork-tender.

# Exercise After a Heart Attack

## Why is exercise important following a heart attack?

- Slow progression back into daily activity is important to strengthen the heart muscle and return blood flow to normal. By adding aerobic exercises, your resting heart rate (HR) and blood pressure (BP) will decrease and during exercise increase at a slower rate. The heart will no longer have to work as hard. There will be less stress on the heart and alleviate angina (chest pain) symptoms.
- As you build endurance, your body will begin to efficiently use the oxygen you breathe in and your heart pumps to the muscles. The muscles will have more energy and can work longer and harder before fatiguing. Some activities you perform during a typical day may be considered moderate intensity and therefore require more oxygen and energy. By improving your aerobic capacity, your body will better utilize the oxygen and require less work from the heart to pump blood.

## When Can I Start Physical Activity?

- While in the hospital, physical activity will be reintroduced slowly. Basic self-care tasks or walking the halls may now be difficult and fatiguing. Slow progression and frequent breaks will allow you to begin activity when your heart condition is stable. Once leaving the hospital it is important to begin a formalized cardiac rehab program for safety and continue the short bouts of exercise.

## What is Cardiac Rehabilitation?

- It is highly recommended that you follow a structured cardiac rehabilitation program following your heart attack to ensure you do not do too much too soon. Patient education is incorporated into this rehab so you are aware of what lifestyle changes to make, what signs and symptoms you should be aware of, and how to safely exercise following your heart attack.

## How Can I Safely Exercise Following a Heart Attack?

### Safety Tips

- ALWAYS begin a new exercise program with a trained professional to avoid any injury
- Start with low intensity exercises and progress slowly to avoid over exertion; determine your rated perceived exertion (RPE-scale on following page) or HR range for safety before beginning an exercise program
- Do not perform exercise on days when you are not feeling well
- ALWAYS breathe while doing any activity and resistance training. Holding your breath will increase your blood pressure and increase the workload of the heart
- STOP exercise if you experience chest pain, shortness of breath, or if you begin to feel the exercise is overly hard or outside your RPE or heart rate max

If participating in cardiac rehabilitation, the “training zone” will be determined for you, and you will be taught how to judge when your HR is within the zone.

**For more information on Exercise After a Heart Attack  
please visit our web site at [www.imgpt.com](http://www.imgpt.com)**