

# PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522  
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February 2018

## From the Desk of Eric Parrish

Falling in love...Or Just Falling...

Hello to all. I hope you are all having a great start to the New Year. I know the deep freeze we had in January was really tough, but the warmer weather at the end of January was a welcome treat. By the time you are reading this, since Groundhog Day is early this year, Punxsutawny Phil may or may not have seen his shadow. A very accurate forecast for the end of winter, or another 6 weeks of winter. Just as an FYI, for those who may not know, Groundhog day is always on Feb 2<sup>nd</sup>, who knew? After taking an informal poll, apparently most people....mistakes were made.

Soon after the little rodent has made his appearance, love will be in the air, and Valentine's Day will soon be here. This is the time of year we make an extra effort to show the ones we love how we feel about them, or as my wife puts it, indulge in a made up holiday designed by Hallmark to sell lots of cards, flowers, and candies that people don't really need..... I think I will send her a gigantic stuffed bear holding a heart to her work this year. I just know she will love it. I know my business partner will create and write his own card for his wife this year, he tells me this is far more romantic than just buying a card. While this makes sense I am not as gifted as Chris in the language of romance, and need all the help I can get from Hallmark. However you celebrate or ignore Valentine's Day I hope you can find a way to let the special people in your life know how you feel about them, maybe use a giant stuffed bear.... just an idea.

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Speaking of the special people in your life, have you noticed that instead of falling in love all over again with you, they are just falling, or are you worried they might fall. Here is a simple test you can have your loved ones, or even people you don't like all that well, try to see if they may be at a risk for falls. (See page 4 for the handout on the test) If you find that the person you were concerned about fails this test, please give us a call at IMG-PT 610-944-8140. Through February, we are doing free consultations for people who are at a fall risk based on this test. Don't wait until it is too late and someone you care about has a serious fall, give us a call, we can help. We want to say a big thank you to everyone for trusting us to provide your Physical Therapy services, and hope you have a wonderful Valentine's Day.



# Patient Testimonials



Thank you Chris and Eric and your wonderful staff at IMG-PT. I could not have asked for a more complete and passionate rehabilitation for my complete knee replacement in a more relaxed and friendly atmosphere, and at times quite entertaining. A big shout out to Alyssa who worked with me throughout my entire recovery. My whole leg has more strength and mobility that I honestly didn't think was possible. **You can bet I'll recommend your facility!!** Thanks again to everyone at IMG-PT.

Charles G. 1-25-2018



My experience here has been great! When I started therapy I would not straighten my knee, walk without a limp, and had pain. Now I can walk normal with no limp and do stairs normally, not one at a time. I have more confidence when doing my daily tasks. The therapists and assistants are truly concerned about a patient's well being and getting them back to normal activity.

Monica K. 1-10-2018



It was really good.

I did NOT expect to even walk as good as I can.

Also NO pain in my joints.

Larry B. 1-4-2018

## Vitamin D deficiency and increased risk of falls



In Vitamin D deficient individuals supplementation has been shown to reduce fall risk by as much as 43%. Falls are the most common accident of daily living in individuals over the age of 65. Falls can cause injury that often leads to disability and lifestyle changes.

- **Vitamin D improves muscle function, walking, balance, and attention capacity.**
- **Always consult with your physician prior to beginning any supplementation or exercise program.**
- **Vitamin D along with exercise can significantly reduce your risk of falls**

### Fall Risk

The prevalence of falls increases with age due to physiological changes within the body. The incidence of falls is 30% in individuals over 65 and increases to 50% in those over the age of 80.

### Vitamin D

Vitamin D is a hormone that can be utilized by the body in two forms. The first method is by sun exposure to the skin. The second is through dietary intake. Foods that naturally contain Vitamin D include: fatty fish, such as salmon, mackerel, tuna, sardines, and eggs. Foods such as milk, cereal, or margarine can be fortified with Vitamin D. This involves the incorporation of the

vitamin into the foods while they are made. Vitamin D supplements are also available but you should consult with your physician before taking supplements.

### How Vitamin D helps

Vitamin D plays a role in protein synthesis of muscle. It specifically acts on anti-gravity muscles that are important for maintaining balance. Low levels of vitamin D have been shown to cause decreased postural stability and decreased muscle force. Vitamin D supplementation has been shown to improve attention capacity in order to react more quickly to changes in the environment.

# WHAT YOU CAN DO:

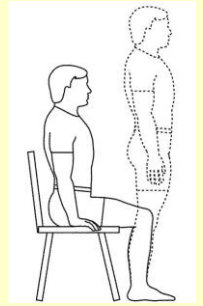
## 1. Be open:

Tell a provider right away if you fall, worry about falling, or feel unsteady. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

## 2. Create a safe environment

Depending on when your falls occur, make the necessary adjustments to place items within reach and remove the presence of throw rugs if you find yourself tripping often. Utilize access to assistive devices such as walkers, grab bars, and shower chairs for additional safety.

# HOW TO PREVENT FALLS IN YOUR HOME QUICK TEST:



Five Time Sit to Stand:

1. Begin seated in the chair with arms across your chest as pictured.
  2. When told to "Go" rise from the chair five times as fast as you can.
  3. Stop the timer when fully standing after repetition #5.
- If your time reads 15 or more seconds, contact your primary care physician or physical therapist at IMG PT (610-944-8140) for a balance assessment.

## IT'S TIME TO TAKE ACTION!

# WHAT WE CAN DO:

When off balance, the body uses **postural reactions** in order to prevent a fall. In one PT evaluation, we can determine which of them may be leading to your increased risk of falls.

Once the deficit is identified, an appropriate treatment plan will be devised just for you to restore balance and improve overall movement.

## *IMG-PT Student Profile: Rachel Koller*

My name is Rachel Koller and I am currently finishing my last year of graduate school at Alvernia University. I am earning my Doctorate in Physical Therapy and will be graduating in May 2018. I am very excited to be finishing my fourth and final clinical at IMG PT in Fleetwood. I graduated from Penn State with a Bachelors in Kinesiology in 2014. I am really looking forward to being part of this team for the next 12 weeks. Growing up, I always had an interest in learning about the human body and the amazing things it could do. I have also always been big into health and fitness growing up and knew I wanted to help people and make a difference in their lives. I am very excited to start my journey as a physical therapist making a difference in patients' lives through human movement.

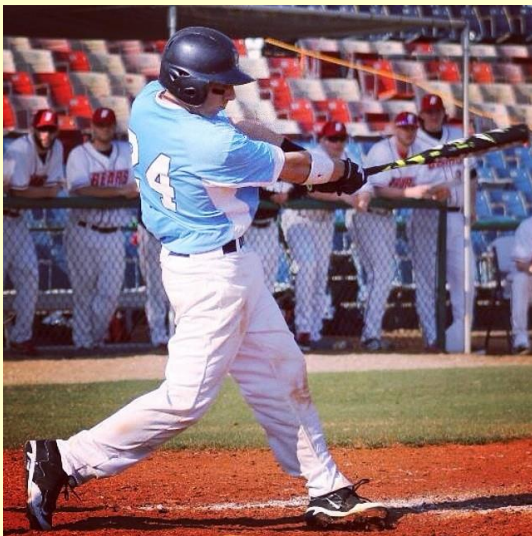
I have an older sister, Gabby, and we are 22 months apart. People assume we are twins, however we are a lot different. She is a Special Education teacher and is having a baby in August. I am very excited to be an aunt coming August. I really enjoy hanging out with my friends, family and my boyfriend. My boyfriend Mike lives in South Philly and after graduation I am planning to move to Philly to start my career as a physical therapist in either a hospital or outpatient setting.

While in physical therapy school, I have learned so much about myself and that the people in your class become like family to you. You all go through some of the toughest times of your life and having them by your side to push you through, makes it all worth it. I have had the biggest support system throughout this journey, and along the way I have learned that nothing worth having comes easy. This has been the most difficult, yet rewarding journey of my life and I wouldn't have it any other way. I am so lucky to be working for IMG PT for my last clinical rotation and I can't wait to grow as a student physical therapist. A physical therapist is the most rewarding job in the world and I can't wait to start this journey.



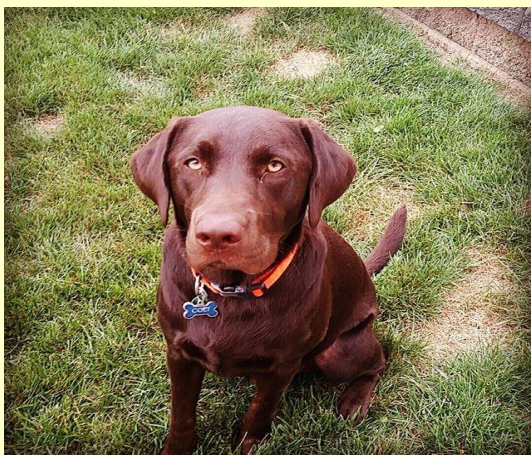
## *IMG-PT Student Profile: Gavin High*

Hi Everyone! My name is Gavin High and I am a senior from Lancaster, Pennsylvania receiving my bachelor's degree at Kutztown University. I am currently finishing a General Studies degree with a concentration in fitness administration, and have applied to various physical therapy programs in an attempt to earn my doctorate. This spring, I will be the first in my family to EVER earn a



college degree directly after high school. I enjoy learning about how the body works, and my goal is to work with rehabilitating athletes to get them back to peak performance. I am a former college baseball catcher from Penn State University's Beaver campus, and I am a major sports junkie! If there is a game, I'm usually watching it or playing in it. In my free time, I enjoy playing pick-up football or basketball, spending time with my beautiful fiancé Gloriann, and playing with our two dogs Colt and Dixie.

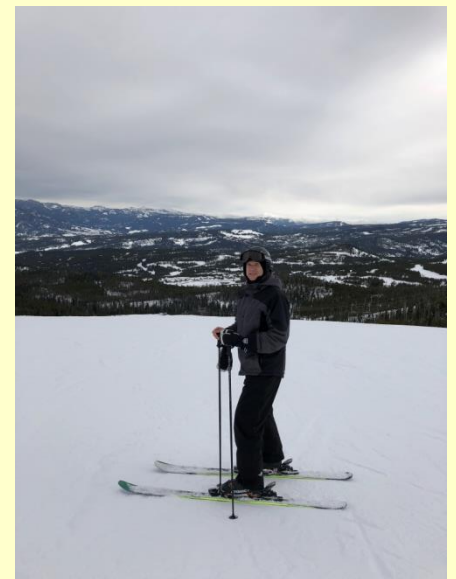
Over the course of my internship I look forward to learning from our therapists and working with our patients to meet their end goals. I plan on taking these experiences with me throughout graduate school and having them shape who I become as a therapist down the road.



## Happenings from IMG-PT



Congratulations to Rebecca H. on your graduation from Misericordia, December 17, 2017. In addition to graduating she also has passed her boards and will be working as a Traveling PT starting February in Mississippi.



The Gordos family ski trip to Montana.



## FEBRUARY SPECIAL

Are you or a loved one feeling a little clumsy and are afraid of falling? If so give us a call today to schedule your FREE screening for falls before you actually do fall and take the chance of breaking something. Let us help you.

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

Expires 3/15/2018  
Ages 50+

## *REFER A FRIEND*

*and*

## *GET A GIFT!!*

*They must come in four or more visits for you to receive either a t-shirt, phone charger, executive tool kit, 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!!*

*610-944-8140*