

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

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February 2019

From the Desk of Andrea Miller

“Love Hurts”

As we head into February, it is easy to start thinking about Valentine's Day and all of its meaning. For some people it sparks feelings of happiness and joy, and for others it may bring a sense of sadness and anxiety. If you have been blessed enough to know true love, you may celebrate the holiday. But, for those who may have lost a loved one or had a bad experience in love, then Valentine's Day might just be placed aside. (I myself feel like placing aside V-Day this moment because as I write this, my husband is in Ireland... without me!) I am just kidding, of course. My point is that love can hurt. But do you know what else hurts? Not being able to do what you love because of pain.

Even as a newer therapist, I cannot tell you how many times I have heard patients tell me that they have completely stopped doing things they love because of their pain. It's heartbreaking to have patients break down in front of you because they can no longer play with their grandchildren. They can no longer cook for their entire family, which they have been doing for as long as they can remember. Or they are unable to run that marathon they have been training so hard for over the past year- all due to significant amounts of pain. This pain has overtaken their lives and has taken away the things that give them joy..and that hurts.

What else hurts is the unfortunate way that over the past many years, opioids have taken over the medical community and is typically the first choice for pain management. Unfortunately, opioids only mask the pain instead of helping to FIX the pain problem. Along with only masking the pain, staggering statistics from the CDC have found that:

1. In 2016, health care providers across the US wrote more than 214 million prescriptions for opioid pain medication—a rate of 66.5 prescriptions per 100 people.
2. As many as 1 in 5 people receive prescription opioids long-term for non-cancer pain in primary care settings.

INSIDE THIS ISSUE

From the Desk of...	1
Welcome...	2
Graduations	3-4
PT vs Opioids	5-6
Student Profile	7
Recipe	8

On a happier note, a study published in *Health Services Research* found that if patients sought Physical Therapy (PT) first for their low back pain, they were **89% less likely to need an opioid prescription**. Hence why I love the #ChoosePT campaign.

Because I believe so strongly in choosing PT first, this past year I decided to take a Pain Neuroscience Education (PNE) course which was conducted by world-renowned PT and researcher Adriaan Louw. This course focused on explaining pain with an emphasis on education for those suffering with chronic pain. Although this is an area where a lot more research needs to be done, this course gave awesome insight into what is currently being researched regarding chronic pain and it's causes, new ideas into how to approach pain, and how to improve function for those who are suffering. Helping to treat those living with chronic pain has become an important mission for me, so if you or a loved one are suffering, I would love to help you get back to doing what you LOVE!

Have a great Valentine's Day and a healthy end to your Winter of 2019!!!

To celebrate Andrea joining our office, she is offering a free consult to you or a family member who is suffering from chronic pain. She has only 14 open slots for the month of February. If you would like one of those slots for you or a loved one, please feel free to stop by the office or give us a call at (610)944-8140 and mention the line:

LOVE HURTS!!!!

Welcome Andrea Miller, DPT

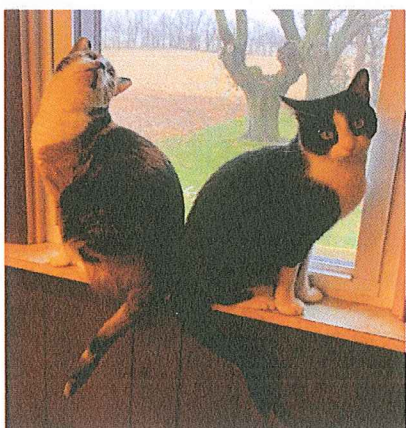
Hi everyone!

My name is Andrea Miller (formerly Dietrich) and I am thrilled to be back at IMG-PT as the new full-time physical therapist! I previously worked at IMG-PT from 2011 to 2014 as a physical therapy aide before earning my DPT from Temple University in May of 2017. I am a Fleetwood native and also currently reside here. (Even though I always told Chris and Eric I would never come back to the “vortex”.) Admittedly, I missed the close-knit feeling of Berks County after living in Philadelphia for three years and I of course missed being closer to my family. The past year and a half have been a whirlwind as I moved back to Fleetwood, helped to renovate our home, took the boards, worked at two other PT jobs and got married in September. Oh, we also decided to add on to our family of two cats with a puppy in October! To say the least it's been a busy, but blessed, year.



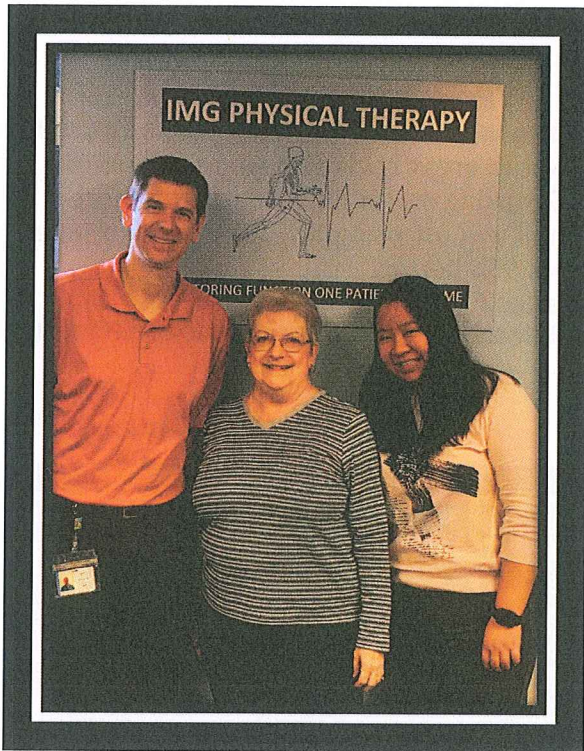
Alright, going back to the career part of my life... While in PT school I found that one of my passions was working with those diagnosed with Parkinson's Disease. One of my clinical rotations was at Dan Aaron's Parkinson's Rehabilitation Center in Philadelphia, PA where I had the honor of working with some of the best therapists around the country who specialize in working with this patient population. I currently hold a certification in LSVT BIG and hope to obtain a certification in Rock Steady Boxing this upcoming year so I can bring this type of treatment into the Fleetwood area. If you or a loved one have a diagnosis of Parkinson's Disease and are having difficulty with walking or performing any daily activities, I would love to meet you and work with getting you back to maximum function!

I truly cannot express how grateful I feel to be back at IMG and to be a colleague among these two seasoned PT veterans. Chris and Eric are great educators and I look forward to learning and growing as a professional with their guidance. I am also thrilled to see patients from the past and to have the pleasure of meeting and helping new patients get back to where they want to be. Please feel free to stop by to say hello! And of course give us a call if we can help you with any of your PT needs!



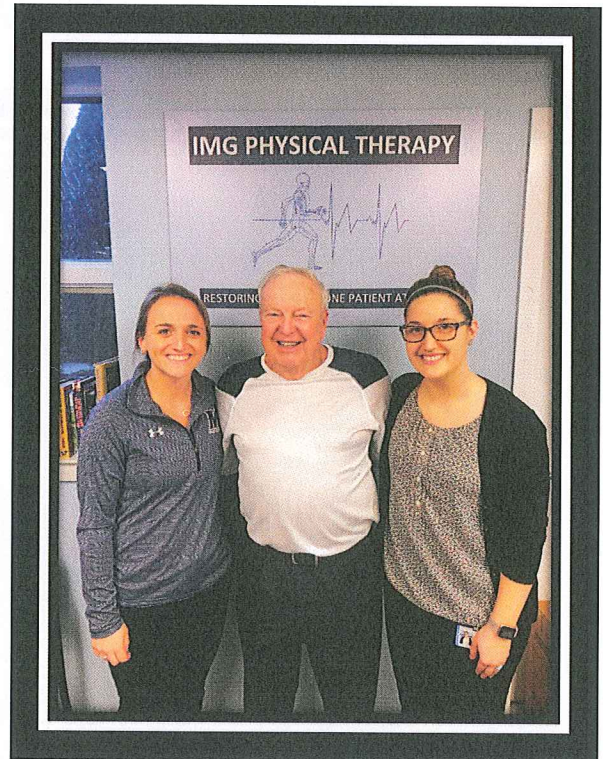


GRADUATIONS!!



"While not pain free, my range of motion has increased. You have given me a strategy to continue to gain strength."

Peg R. 12-19-2018



"Entered rehab with a lot of neck pain. My neck pain has gone from a 10 to basically 1-2. Great improvements. Can move head from side to side looking over both shoulders. Great improvements!!"

Walter H. 1-24-2019

REFER A FRIEND

and

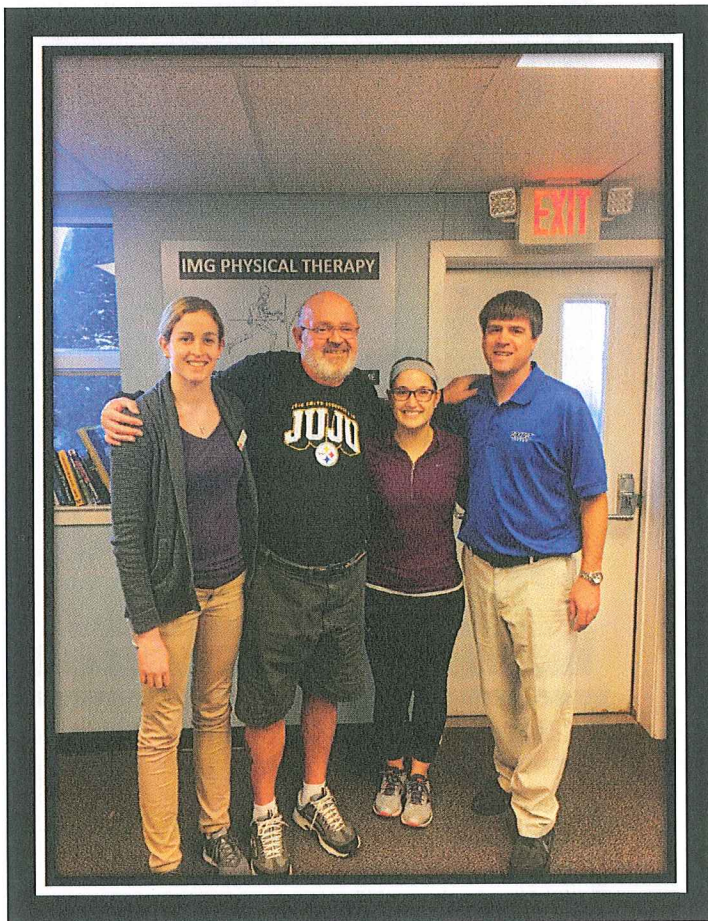
GET A GIFT!!

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.

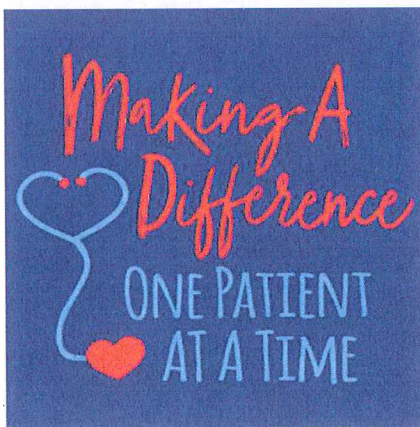
THANK YOU!!

610-944-8140

Congratulations

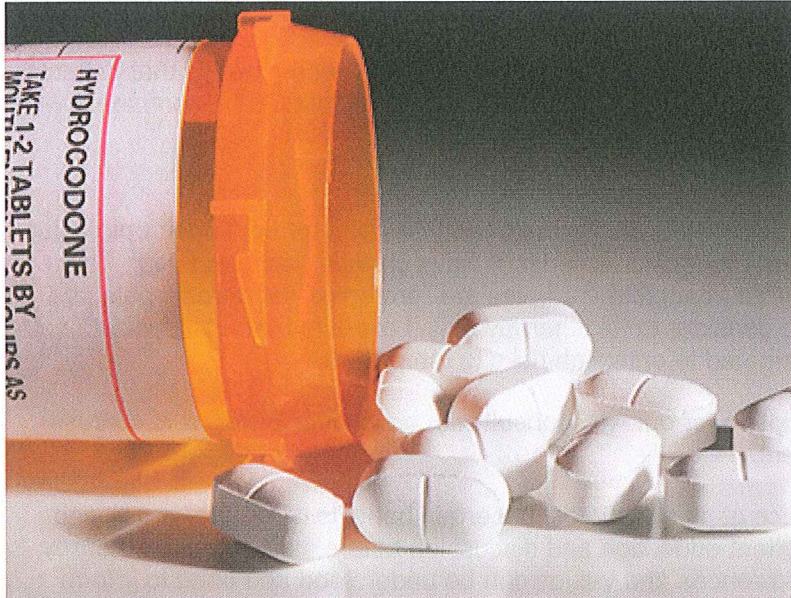


"I was in great back pain when I came to IMG, taking 4 pain pills a day. In a short time I was off pain pills. After a few weeks I was 95% better."
Charles F. 1-21-19



"I came here after having bi-lateral knee surgery. I was barely able to walk. During therapy the staff was very professional & supportive. Each week my knees saw improvement. Today is my last day and I have made great progress since my first visit. Thank you to Chris, Eric & the entire staff at IMG for a job well done."
Steve R. 12-28-2018

Physical Therapy vs Opioids: When to Choose Physical Therapy for Pain Management



According to the Centers for Disease Control and Prevention (CDC), sales of prescription opioids have quadrupled in the United States, even though "there has not been an overall change in the amount of pain that Americans report."

In response to a growing opioid epidemic, the CDC released opioid prescription guidelines in March 2016. The guidelines recognize that prescription opioids are appropriate in certain cases, including cancer treatment, palliative care, and end-of-life care, and also in certain acute care situations, if properly dosed.

But for other pain management, the CDC recommends nonopioid approaches including physical therapy.

Patients should choose physical therapy when ...

- **... The risks of opioid use outweigh the rewards.**
Potential side effects of opioids include depression, overdose, and addiction, plus withdrawal symptoms when stopping opioid use. Because of these risks, "experts agreed that opioids should not be considered firstline or routine therapy for chronic pain," the CDC guidelines state. Even in cases when evidence on the long-term benefits of non-opioid therapies is limited, "risks are much lower" with non-opioid treatment plans.
- **... Patients want to do more than mask the pain.**
Opioids reduce the sensation of pain by interrupting pain signals to the brain. Physical therapists treat pain through movement while partnering with patients to improve or maintain their mobility and quality of life.

- **... Pain or function problems are related to [low back pain](#), [hip](#) or [knee osteoarthritis](#), or [fibromyalgia](#).**
The CDC cites "high-quality evidence" supporting exercise as part of a physical therapy treatment plan for those familiar conditions.
- **... Opioids are prescribed for pain.**
Even in situations when opioids are prescribed, the CDC recommends that patients should receive "the lowest effective dosage," and opioids "should be combined" with nonopioid therapies, such as physical therapy.
- **... Pain lasts 90 days.**
At this point, the pain is considered "chronic," and the risks for continued opioid use increase. An estimated 116 million Americans have chronic pain each year. The CDC guidelines note that nonopioid therapies are "preferred" for chronic pain and that "clinicians should consider opioid therapy only if expected benefits for both pain and function are anticipated to outweigh risks to the patient."

Before you agree to a prescription for opioids, consult with a physical therapist to discuss options for nonopioid treatment.

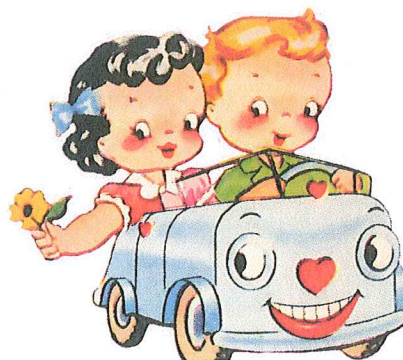
"Given the substantial evidence gaps on opioids, uncertain benefits of long-term use and potential for serious harm, patient education and discussion before starting opioid therapy are critical so that patient preferences and values can be understood and used to inform clinical decisions," the CDC states.

Physical therapists can play a valuable role in the patient education process, including setting realistic expectations for recovery with or without opioids.

Related Resources:

- [Health Center on Opioid Use for Pain Management](#)
- [CDC Recommends Physical Therapy and Other Nondrug Options for Chronic Pain](#)
- [Using Opioids for More Than 30 Days Could Increase Depression Risk](#)
- [Widespread Pain is Creating Widespread Prescription Drug Use](#)
- [Health Center on Pain](#)

The American Physical Therapy Association launched a national campaign to raise awareness about the risks of opioids and the safe alternative of physical therapy for long-term pain management. Learn more at [MoveForwardPT.com](#).



IMG-PT STUDENT PROFILE: STEVEN KOENIG

Hi everybody!

My name is Steven Koenig (pronounced "Kay-nig"). I am in my third and final year of the Alvernia University Doctor of Physical Therapy program and am completing my clinical rotations here at IMG-PT from January 21st to April 12th.

Graduation is in May 2019 and then the real world starts! Prior

to Alvernia, I graduated from Penn State Berks in 2015 with a Bachelors in Kinesiology, where I played NCAA Division III baseball all 4 years as a pitcher. Before Penn State I attended Oley Valley High School, having played 4 years of soccer and baseball, shared by 2 years of basketball. Around sports, I played trumpet in many groups throughout high school, then marched in two drum and bugle corps after high school- the Reading Buccaneers (2012-2013, 2015 – 2017) and The Cadets based in Allentown, PA (2014). Currently, I play in the Alvernia University concert band. While with The Cadets in 2014, I was away from home and traveling the country from Rhode Island to Minnesota, San Antonio to Atlanta, and various cities and towns in between. Joined by 149 other members, we competed in 34 shows over a span of 90 days, all while living on buses and gym floors. I have 2 cats named Mustache and Inky, stay as updated as possible on all

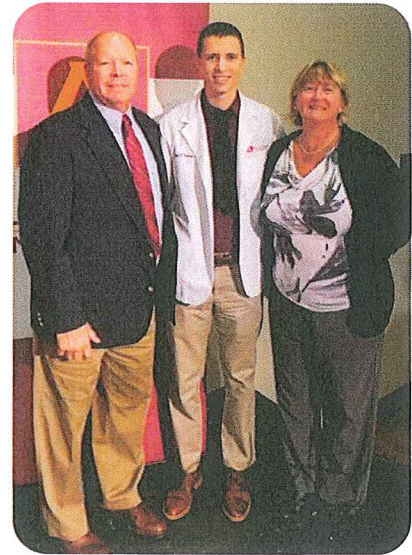
things Phillies and Penn State, enjoy fun socks, and play games on my outdated PlayStations 2 and 3. I just finished watching every episode of Archer and New Girl, and have moved on to Brooklyn 9-9.

I became interested in physical therapy after seeing friends and teammates who were injured recover thanks to their therapists or athletic trainers. I also watched the therapy my dad had for all the wear and tear I put him through when I was younger.

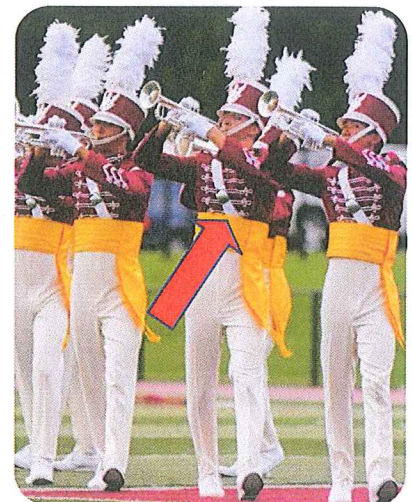
I am looking forward to meeting everyone, getting to know your stories, and helping your recovery process go as smoothly as possible!

I will leave you with a question on a sensitive subject:

Is a hotdog a sandwich?
Debate me.



Berks Baseball



The Cadets

Scallops with Linguine

Prep: 25 min
Yield: 2 servings

Ingredients:

- 2 ounces uncooked linguine
- 1 T cornstarch
- 1 C chicken broth
- 2 T white wine or additional chicken broth
- 1 1/2 T butter
- 1 garlic clove, minced
- 3/4 C sliced fresh mushrooms
- 2 green onions, sliced
- 1/4 C grated carrot
- 1/2 pound bay scallops
- 1 1/2 tsp minced fresh parsley
- lemon wedges, optional



Directions:

1. Cook linguine according to package directions; drain. Meanwhile, in a small bowl, mix cornstarch, broth and wine until smooth. In a nonstick skillet, heat butter over medium heat. Add garlic; cook and stir 1 minute. Add mushrooms, green onions and carrot; stir-fry 2-3 minutes or until vegetables are crisp-tender.
2. Stir cornstarch mixture and add to pan. Bring to a boil; cook and stir 1-2 minutes or until sauce is thickened. Reduce heat. Add scallops and parsley; cook until scallops are firm and opaque. Serve with linguine and, if desired, lemon wedges.

