

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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February 2020

From the Desk of Andrea Miller

Take a LEAP with me...

Hello everyone!

I hope you all had a wonderful holiday season and are surviving the cold! I'm grateful that we haven't had any crazy snow or ice storms yet but I'm always prepared for the unexpected...after all, we do live in good ole' PA, where it's 70 degrees on a Sunday and back into the 30's on Monday...

For those who have not been in the office recently, I wanted to give some updates. Sadly, Eric's trains have been taken down due to the holidays being over, but they should be back in November (along with the rotating Christmas tree). Our PTA, Erin, is also back and will now be in the office more consistently on Mondays, Wednesdays, and Fridays! We also recently welcomed two new Alvernia students, Erin and Bree, who will be with us for 12 weeks! We said "good-bye" to EJ, who is now at another outpatient clinical rotation for 12 weeks, and sadly very soon we will have to say farewell to Sarah and Chris, AKA "Rogers". Rogers has to head back to class and Sarah is moving on to a 12-week pediatrics rotation. EJ, Sarah, and Rogers will graduate with their DPT this spring! We will miss them all very much, but we wish them nothing but the best in their future!

I've been debating on what the theme should be for this February's newsletter. I realized that I wrote last year's February newsletter as well, and of course, the topic was "Love," Therefore, this year I wanted to change it up and keep it unique and fun. This lead me to Google "Holidays in February"..My oh my. There is literally a holiday/tribute day almost every day during the month. I wanted to share some of my favorites for your entertainment:



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- Feb. 1- Eat ice cream for breakfast day, also no politics day (this personally sounds fabulous)
- Feb. 4- Thank a mailman day (thank you Dale C. and all of our wonderful mail carriers at IMG-PT and in the Fleetwood area!)
- Feb. 7- Wave all your fingers at your neighbor day (be nice, everyone!)
- Feb. 9- National Pizza Day, also toothache day (if you need a dentist, Chris knows a great one!)
- Feb. 11- Don't cry over spilled milk day, also make a friend day
- Feb. 13- Get a different name day (we do this to new students any given day)
- Feb. 14- National Organ Donor Day (irony that this is on Valentine's Day?)
- Feb. 15- Singles awareness day (this is where Eric comes in, to help mentor those who are single...he is known to give GREAT dating advice)
- Feb. 16- Do a Grouch a favor day (this is the day you can bring me some coffee, haha)
- Feb. 17- Random act of kindness day
- Feb. 22- National margarita day, also walking the dog day
- Feb. 26- Tell a fairy tale day
- Feb. 28- Public sleeping day
- Feb. 29- Leap day, also open that bottle night

Yes, and 2020 is a LEAP Year! So, this month, I'm asking for those who are skeptical in what PT can do for your health and fitness, take a leap of faith with us! Give us a call at (610)-944-8140 to set up a free screen and see how IMG-PT can help you reach your 2020 health and fitness goals! Cheers to 2020 and we look forward to seeing and hearing from you soon!

IMG-PT STUDENT PROFILE:

Erin Hamm

Hello all! My name is Erin Hamm and I am currently in my third year of physical therapy school at Alvernia University. IMG-PT is my third full-time clinical rotation, as I will have one more 12-week rotation afterwards to finish off my education, before graduating in May 2020. I became interested in physical therapy after being an athlete my whole life, wanting to stay within the science and sport field to help people get better and back to participating in their hobbies or recreational activities.



I am 26 years old and grew up in Collegeville, PA with my parents and 3 younger sisters. In 2016, I graduated with a Bachelor of Science

degree from Manhattan College, where I played softball. After graduating from Manhattan, I moved back home, where I took a year off and became a physical therapy tech.

I currently live with my boyfriend, Ralph, in Barto, PA, where we have the cutest little piglet, Riblet. We also have 3 pigs, Bacon, Porkchop, and Notorious P.I.G., that live outside on our mini farm. In our free time, we like to go to the gym, watch/go to sporting events, and play sports (basketball, softball, volleyball, and football).



I want to thank the IMG-PT staff and patients for being so helpful and kind since starting my 12-week clinical rotation. I have had a great learning experience so far, and look forward to using what I have learned here in the future.



Success Stories



"Over the years I have used the services of IMG-PT several times. They have always rehabbed me in a professional & friendly way. My most recent treatment was for a reverse shoulder replacement. I'm happy to say that I will be back on the golf links shortly." Jeff P 1-16-2020

"The 1st day I was in a lot of pain, I could not move my ankle at all. The bike was a big NO NO!! Today I am a lot better. I can do the bike, and I have more movement in my ankle. It will never be perfect, but it is 85% better!!

The people working here are great, very, very nice!! Help you and can have some fun!! GREAT TEAM!!"

Karen H. 10-3-2019

REFER A FRIEND

and

GET A GIFT!!

They must mention you and they must come in four or more visits .

THANK YOU!!

610-944-8140



"After having a knee replacement, I came in for PT. I had a lot of fear because of the pain, but Chris and everyone else were always willing to answer all my questions & address my fears. The atmosphere was always cheerful, encouraging and full of life. I have been to other therapy places but after being here I would never go anywhere else. I would highly recommend IMG-PT for therapy." Pauline M. 1-12-2020



"I have complete confidence in IMG-Physical Therapy. I intend to continue my association with IMG-PT because of the benefits both myself and my wife have experienced."
Dale C. 12-4-2019

" IMG-PT has helped me make a "new me". I had lots of ankle pain & stiffness after a foot fracture and casting. Now I have complete functional use of my foot & ankle, with little remaining pain.
I continued at the therapist's suggestion for back pain & spinal stenosis symptoms. I was completely out of shape when I started. Now I have developed core strengthening and leg strength which I totally lacked. I can climb stairs better, have endurance, and have lost weight which helps in every way.
IMG-PT is very professional, convenient, knowledgeable, friendly. I have and will continue to recommend them highly. Best therapy I've seen in the area." Sandra F. 12-30-2019

"Before therapy I couldn't do simple things like getting in and out of the bath or car, putting on shoes or socks, or anything more strenuous than walking. Even rolling over in bed was difficult. Today I do not struggle with any of those things, and I even ran 1 mile. Everyone at IMG-PT has been extremely friendly and personable as well as helpful in my recovery."

Sara B. 1-10-2020

"I have had a wonderful experience at PT as always. They provide great hands on care! I will continue to keep coming back. Chris has helped me to gain strength and mobility in my neck, shoulder and wrist to help me progress after surgery. Thank you IMG-PT!" Savanna R. 1-3-2020

When is Fastnacht Day and What is a Fastnacht?

Fasnacht Day is quickly approaching, February 25th.

While they're often described as "little puffs of pillowy goodness," a few questions remain. The first of which being: What exactly is a fasnacht?

Often misspelled as "fastnacht" and "fassnacht," the word fasnacht itself is German, coming from the words "fasten" (to fast), and "nacht" (night). Fasnacht Day is always celebrated on Shrove Tuesday -- the Tuesday before Ash Wednesday.

Traditionally, in Christian denominations that observe Lent, Shrove Tuesday was meant as a means of celebrating with indulgent foods, using up one's remaining sugar and lard, before fasting season. Shrove Tuesday is also known as Fat Tuesday or Mardi Gras.

Fasnachts -- or sugar and lard-laden doughnuts -- do just the trick.

While some people enjoy fasnachts in all their glory, without toppings, most people who celebrate Fasnacht Day often enjoy their indulgent doughnuts with toppings like powdered sugar and glaze, or filled with custards or creams.

The best part of these doughnuts is sharing them. Enjoy!!



Pennsylvania Dutch Fastnachts

- **Time 5 minutes**
- **Serves 24**
- **Ingredients**

- 2 cups milk
- 1 cup mashed potatoes (no salt, milk, or butter added)
- 1/2 cup sugar + 1/2 tsp. sugar
- 1 stick margarine
- 1 packet rapid rise yeast
- 1/4 cup lukewarm water
- 6-1/2 cups flour (divided, 2 cups + 4 1/2 cups)
- 1 egg
- 1-1/2 tsp. salt
- 1 can (3 pounds) Crisco® or similar vegetable shortening for frying



How to make it

Scald the milk. In a large mixing bowl, combine the scalded milk with the mashed potatoes. Add 1/2 cup sugar plus the margarine. Mix with an electric mixer. If the mixture is still warm, cool to about room temperature before proceeding with next step. Dissolve the yeast and 1/2 teaspoon sugar in barely warm water. Add to the potato mixture and mix well. Add 2 cups flour and mix again. Cover with a towel and let rise for 25 minutes.

Add the salt and beaten egg to the mixture. Add 4 1/2 cups flour, stirring it into the mixture with a large spoon. Turn onto a well floured board and knead for about 3 to 5 minutes. Add a small amount of extra flour if necessary so the dough can be handled without sticking to your fingers. Grease a large bowl. Place the dough in the greased bowl. Cover with a thin towel, and let rise in a warm, draft free place for about 2 hours or until it is at least double in size.

On a lightly floured surface, roll the dough 3/4" thick. You can use a doughnut cutter to cut the dough or cut as typical Fastnachts - Cut the dough into 3" to 4" wide strips, then cut the strips into 3" to 4" pieces. To allow the center of Fastnacht to fry completely, cut a small slit in the center of each piece, using a sharp paring knife. Arrange the pieces of dough, about 1 1/2" to 2" apart, on large wax paper lined trays. Cover each tray with a thin towel. Place the trays in a warm place for 45 minutes to an hour, or until the dough pieces have raised to about double in size.

Heat the shortening to 365°. Deep fry until both sides are golden brown, turning one time. Drain on white paper towels. Cool completely before serving. Store in airtight container.

Makes about 20-24 Fastnachts, depending on size. This recipe can be doubled with no change in preparation directions.

