

# PT HAPPENINGS



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522  
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February 2021

## From the Desk of Eric

### Virtual Reality.....

Hello All,

I hope that everyone is doing well and staying safe and healthy at the start of 2021. The weather has been cold as expected, and the big snowfall that we got in December made travel difficult, we even had to close the business early that evening. My kids really enjoyed getting out and sledding, snowboarding, and tubing in it for several days. Hopefully you were able to find a silver lining with all of that snow, even if it was just staying inside and watching all of the snow come down while enjoying a warm beverage.

Besides braving the weather, I hope that everyone was able to brave the holiday season and get through it and enjoy it as best as possible during these difficult times. This year the big Christmas gift that my family got was a device called the Oculus. My oldest daughter let me know this is what she wanted for Christmas this year, to which I replied, "You want an octopus? Maybe we should just stick with having a Beta fish." For those of you who are like me, and not aware of what an Oculus is, an Oculus is a virtual reality (VR) device. You wear this device over your eyes (see picture) and it immerses you in a whole other world. I was surprised at just how realistic everything looked. The first thing I tried was a roller coaster and I got dizzy and a little nauseated and had to sit down. I have not done a VR roller coaster since. My favorite game for the VR is ping pong or table tennis. It feels just like you are playing and is a good work out. I will tell you that there is a little safety hazard when playing table tennis on VR. As I said you are totally immersed in this world and cannot see anything in the real world. This was unfortunate for my youngest daughter who does not always pay the best attention. While I was playing she decided to walk right in front of me as I went to hit a great winning forehand shot, and instead I conked her in the head with my forearm and knocked her on the ground. I don't know who was more surprised, me or her. She ran to my wife crying and when I tried to comfort her all she said was, "I hate you daddy!" After my wife determined she was OK, she could not stop laughing. If only she had been taping it, we could have struck it rich on America's funniest home videos! My daughter has since forgiven me and we all learned a valuable lesson to give anyone playing the Oculus a wide berth.

I am sure that my daughter had a little bit of a headache after that incident. I am not sure if it was the pressure from wearing the Oculus, or the added weight on the front of my face, or maybe just sympathy pains for hitting my daughter in the head, but I was also getting headaches a little more frequently. I decided to use another slightly more expensive "toy" that we got for our office which is new for 2021. I used a high powered light force therapy laser. Andrea treated me for headaches and neck pain/tightness and the treatment worked very well. I did not have to take any pain medicine and had minimal to no headaches that whole week. The treatment was very comfortable and felt like a hot stone massage to my neck and upper trap region. Please see the handout for all the health benefits that you can get from this exciting technology.

For this month we are doing a free screens for people suffering from neck pain and headaches. Please call us at 610-944-8140 to schedule your free consult with trial of cold laser therapy (normally a \$60 dollar value) absolutely free.

*Happy Valentine's Day*



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# Workshops

Are you or someone you know experiencing knee pain or shoulder pain?

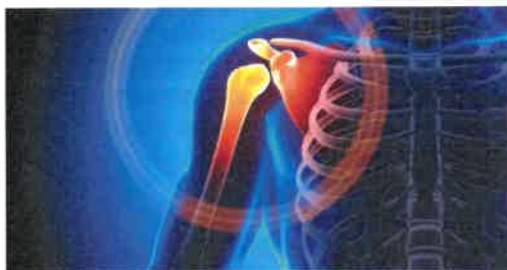
Would you like information on how to eliminate or ease this pain?

We are hosting two workshops this month

**February 11** at 6pm for **knee** pain

**February 25** at 6pm for **shoulder** pain

**Reserve your seat today**  
**Call us at 610-944-8140**



# Say Hello to Andrew!!!

Hello friends of IMG-PT! I'm Andrew and I am currently a second-year physical therapy student over at Drexel University in Philadelphia. This is my first clinical experience, and I am excited to get to know and work with all of you until the end of March! I'm originally from central New Jersey and moved to Maryland after high school, where I studied Neurobiology and Physiology at the University of Maryland – College Park. After graduating in 2017, I decided to take some time off to work as a PT aide for two years before starting PT school in Philadelphia in the Fall of 2019.

Before college, I played football in middle school and my first two years of high school. However, I sprained my ankle my sophomore year which unfortunately ended my season, but this allowed me to focus more of my time on weightlifting, which eventually became my passion. My interests in exercise and strength training laid the foundation for my desire to become a Physical Therapist. I love that I can directly apply the knowledge that I learn from PT school and my hands-on work in the clinics to my training to exercise more efficiently and safely. I also love the universal skills and knowledge that PT has to offer, since movement is enjoyed by everyone no matter how active or sedentary we are. Besides weightlifting, I enjoy snowboarding in the winters and playing video games year-round. My favorite place to snowboard so far is Snowbasin Resort in Utah (not too far from Salt Lake City), but I hear Europe and Japan are home to even nicer mountains.

My short-term plan after I graduate PT school is to become a Certified Strength and Conditioning Specialist (CSCS) so that I can train or coach part-time at a gym in addition to treating full-time as a Physical Therapist. I also plan on specializing in either sports or orthopedics. My long-term plan is to eventually open a hybrid power lifting gym with my friends from high school that serves as both a gym and an outpatient PT clinic!

Lastly I want to thank Chris, Eric, Andrea, Erin, and the other students for guiding and teaching me how to be the best possible PT that I can be! They are extremely helpful and working with them has further reinforced my desire to become a PT.





"Awesome team of individuals who are very professional, but at the same time they make PT fun." Doris P. 12-3-2020

"I have more confidence in myself since coming here. The personnel is the best, kind, helpful and all good things! My balance probably won't ever get much better because of the neuropathy but we are working on it. I still need to work on balance and better on the steps. I will be back!" MaryAnn W. 9-10-2020



"When I began experiencing a flare up of symptoms that IMG-PT had helped me with earlier in the year, I considered returning for therapy. My family doctor agreed it was warranted. I was somewhat conflicted about returning due to Covid-19 concerns. Around that time, IMG offered free consultations and I decided to take advantage of that opportunity. At the consultation, I was given a number of tests to see if and how much my condition had regressed. It had and I agreed to start therapy. With this opportunity, I was also able to observe that IMG had excellent Covid-19 protocols in place for the safety of patients and staff. Once again with the services of the very caring and helpful staff, my symptoms improved. I was also given more information on how I might help myself with at home exercises etc. I highly recommend the services of IMG-PT." R.M. 12-10-2020

"I came in with horror stories of elbow PT. Much to my relief, it was nothing close to what I was told. Minimal pain and excellent results! Everyone here has been fantastic, and all know their stuff!! I am extremely happy with the results, and would recommend IMG-PT to all!" Cindy R. 12-23-2020

"Came in after rotator cuff surgery with no/very limited mobility, not knowing what the outcome of recovery would be. The plan of action was explained and was always a do what you can. I am very happy with the results and everything went much better than I thought." Jesse C. 12-23-2020

## Say Hello To: Cesar Flores



Hello Everyone! My name is Cesar Flores, and I am currently a 6th year Physical Therapy student at Lebanon Valley College. I am grateful to have the opportunity to be at IMG Physical Therapy for one of my final clinical rotations until the end of March. In my first week here at IMG Physical Therapy I have noticed the welcoming and positive environment from both the staff and the patients. At this clinic I enjoy the one-on-one therapy time allowed to work with each patient to make sure their personal goals are met.

I was born and raised in Reading, PA and attended Reading High School where I played on the Soccer and Volleyball teams. During high school my teammates would often attend physical therapy to recover from sports injuries and get back on the field so that had sparked my interest in the medical field. Once I took the Human Anatomy course in 12th Grade I was intrigued to learn more about how the body works to help us move. Around that same time period I had the opportunity to observe other physical therapists in the local area treat early intervention and pediatric patients at Easter Seals in Reading PA. This experience was beneficial for me because I had the opportunity to see how much physical therapy can impact someone's life and future.

I am blessed to have the ability to speak both English and Spanish. Starting at a young age I would often translate for others in need because I like to provide help when I can. Now as a student physical therapist I can be of even more help to people on a mental and physical level to get them back to their activities of daily living. I personally enjoy traveling abroad and have had the opportunity to visit other countries like Ireland and Mexico. I have yet to visit other states outside of the east coast in the US, so if you see me at IMG Physical Therapy please share an experience/recommendation of a unique and cool place I can visit on my next vacation. I can't wait to hear from you all. See you soon and stay safe! I would like to thank everyone who has helped me get to this point in my education and the staff at IMG Physical Therapy for offering me a great learning experience to help me become a Physical Therapist.



# New at IMG-Physical Therapy for 2021

## IMG Physical Therapy Announces the Introduction of the LightForce® XPi Deep Tissue Therapy Laser *Helping Patients Recover Faster and Reduce Pain*

Now Offering

IMG Physical Therapy is proud to provide the highest level of pain relief with the LightForce® XPi Deep Tissue Therapy Laser.

Laser therapy is a surgery-free, drug-free option for individuals suffering from both acute and chronic pain. Treatments are fast, safe, and painless. Most patients see results in 3 to 5 treatment sessions, and patients can expect notable pain relief, with the effects lasting longer after each treatment.

Laser therapy is clinically proven to reduce pain and inflammation associated with many common musculoskeletal conditions, such as **arthritis, muscle pain, and many more**. Laser therapy is endorsed by professional clinical organizations, including the World Health Organization (WHO), American Physical Therapy Association (APTA), and the International Association for the Study of Pain (IASP®) with over 3,000 research studies having been conducted in the field.

The LightForce® XPi Deep Tissue Therapy Laser is FDA approved and represents a great advance in medical technology. IMG Physical Therapy is proud to provide another effective treatment option to our patients with this latest proven technology.

We are offering **FREE LASER** treatments for **neck pain and headaches**. If this is something that you are interested in please call **610-944-8140** now.

For more information, call **610-944-8140** today to find out how IMG Physical Therapy can help improve your quality of life by reducing the pain and inflammation associated with painful musculoskeletal conditions.

**About IMG Physical Therapy:** IMG Physical Therapy is a Fleetwood based practice specializing in pain relief and **helping patients return to normal activities they love to do**. IMG Physical Therapy aims to get it's patients out of pain by properly diagnosing and treating **all injuries** by utilizing the most current medical technology. A primary focus is eliminating or reducing the need for surgery or drugs.

**About Laser Therapy:** Laser therapy is a medical treatment that uses focused light to stimulate a process with in the cell called photobiomodulation (PBM). During PBM, the light interaction triggers a biological cascade of events that leads to an increase in cellular metabolism and a decrease in both pain and inflammation. This treatment is FDA cleared and enables patients to have an alternative to drug and surgery for pain relief.