

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Chris Gordos

Goodbye 2016 and Hello 2017!!!

To be honest with you, I am sad to see 2016 go, but I am excited to see what is going to happen in the New Year. 2016 marked some memorable things for all of us at the office. On January 1st my dog "Princess" Leia turned 1. That holds even more meaning considering the actor she was named after passed away the previous week. Against all logic and arguments (and contract), I am the one who is walking the dog almost daily. At night I am the one playing with her and putting her into her cage to sleep. She is *slightly* growing on me. Anytime I walk in the door, after being away, her tail is wagging and it is all she can do not to jump on me and knock me over. She still chews things she shouldn't, and still acts like a puppy most weeks, but the money we spent at Peacock Kennels was worth its weight in gold. She has become part of my life.

As equally important as adding a new family member, is what a great year we had at the office. We saw 500 visits more this year than the year before. Eric and I cannot say thank you enough!! Even if we just matched 2016, 2017 is going to be an awesome year. We had more students in 2016 than we ever have had before; 16 in total. Our last student of 2016 was our 50th student at IMG-PT. We do not have as many scheduled in 2017 but we are looking forward to welcoming at least 6 new students and saying hello to an old friend. "Broccoli Rob" is returning as a PT student in March for 8 weeks.

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Eric and I received an early Christmas present in 2016 that we hope will help us build on the momentum for 2017. The Reading Hospital decided to close down the Reading Berks Physical Therapy office on the other side of the railroad tracks. I am sure the construction factored into their decision, but selfishly I am of the belief that our amazing patients have done such a good job at our office that the hospital felt it did not make sense to stay in the area and compete with us. So if you have any holdout friends who were wary to give us a try, now you can tell them that we are the only therapists in town. Don't forget to tell them to use your name so we can get you your referral bonus!!



IDEAS FOR SHOVELING SMART



Well we are at that time of the year again. The snow, ice, and freezing rain are falling again. Time once again to pull out the shovels, brooms, and snow blowers. There is a right way and a wrong way to shovel snow. Here are a few tips to try and improve your technique and help to make a difference in how your body and back feel the next day.

1. Your spine does not tolerate twisting movements as well as other movements, so bend those knees and keep your back straight while lifting with your legs. Step into the direction you are throwing the snow, do not twist and throw the snow across your body. To avoid rotating your back, shovel at a right angle to your driveway so all you have to do is toss the snow forward.
2. Take frequent breaks to give your back and knees a rest.
3. Lift smaller loads of snow instead of larger ones. Always try to bend your knees, and lift with your legs and not with your back.
4. When able, wait until the afternoon to shovel. Most slipped discs occur in the morning because there is increased fluid pressure in the disk because your body has been at rest all night.
5. If large amounts of snow are forecast, shovel often to keep the loads lighter.
6. Use a shovel that fits. A shovel with a shaft that is approximately chest high is the correct height. This allows you to keep your back straight when lifting. Using shovels with a short shaft causes your back to bend more to lift the load. A shovel that is too long increases the weight too much at the end.
7. Save money and avoid the curved handled shovels (ergonomic shovels.) Some of these shovels have scooping ends that hold too much snow, thus being too heavy. Often these shovels are too deep and twisting the shovel to unload will hurt the wrists.
8. Finally, and most important, ***if you have children make them shovel***, your back will thank you in the morning.



TEMPOROMANDIBULAR JOINT PAIN (TMJ) WHAT IS IT AND WHAT CAN YOU DO FOR IT?

The Temporomandibular Joint or TMJ is one of the most frequently used joints in the body. It forms the connection between your jaw bone and your skull. Disorders of this joint can lead to increased pain and other symptoms.



What is the TMJ?

The TMJ is the connection between your jaw bone and your skull. If you feel in front of your ears and open your mouth you can feel this joint on either side of your head. The end of your jaw bone fits into a groove in the bones of your skull. The jaw bone will glide and rotate to allow you to open and close your mouth.

What Causes TMJ Disorders?

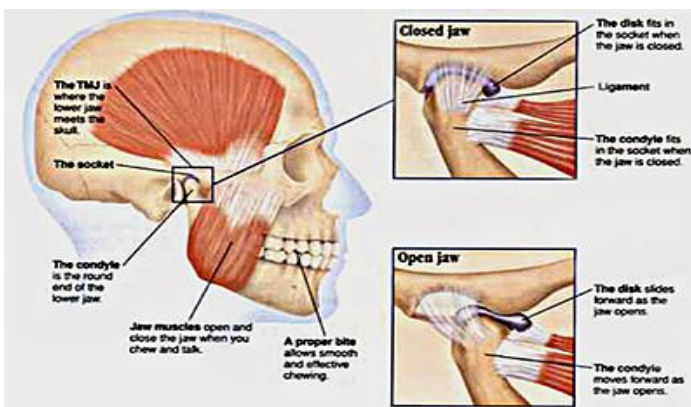
There is not one cause for disorders of the TMJ. Symptoms may be due to a trauma to the joint like being hit in the head, arthritis, muscular problems, or displacement of the joint.

What are the Symptoms of TMJ Disorders?

The first symptom is increased pain in or around the joint. This pain may be constant or may come and go with movement of the joint. Other symptoms include limited ability to open or close the mouth, clicking sounds or locking of the joint, headaches, neck or face pain, swelling, or difficulty swallowing.

What Treatments are Available?

- Conservative treatments such as lifestyle changes, pain medications, stabilization splints or bite guards, and Physical Therapy.
- Irreversible treatments include surgeries, repositioning splints or "orthotics", or orthodontic procedures. Typically these procedures are performed after conservative measures have failed.



What Can I Do at Home?

Lifestyle changes can help to decrease any symptoms you may be experiencing. Be more aware of activities that increase your pain and work to avoid stressors in your life. Changing your diet and temporarily switching to soft foods and avoiding foods requiring a lot of chewing may help. You should also avoid large movements of the jaw, chewing gum, or wide yawning.

What Exercises Can I Do?

Rocabado's 6x6 exercises can help you to improve your posture, stretch tight tissues, and decrease your pain. There are 6 exercises to be performed 6 repetitions during 6 sessions per day.

- Rest Position and Breathing: While maintaining the rest position described above breathe 6 times through your nose.
- Controlled Opening: Maintaining the rest position, open your mouth in a pain-free range or until your tongue leaves the roof of your mouth.
- Rhythmic Stabilization: While in the rest position apply gentle resistance with hand to the left and right of the jaw as well as to opening and closing motions.
- Neck flexion: With your hands behind your neck nod your head up and down.
- Neck extension: With your head still tuck your chin, pushing your head back.
- Shoulder Retraction: Pull your shoulders back and down while squeezing your shoulder blades together.

What Can Physical Therapy Do?

A physical therapist can prescribe exercises and stretches that address your specific problems. They can also provide treatments that can help to reduce your pain. If you believe you do have a TMJ disorder you should first consult your physician, dentist, or a physical therapist before beginning any exercise program.

Fleetwood Dental, with Michelle Lee, is a place who specializes in treating TMJ with these treatments. We work together to help you reach your goals. They can be reached at 610-944-9771



SLOW COOKER HAM AND POTATO SOUP

This is very good. I made it Friday after work, using the stove, didn't take that long. My family gave it a thumbs up. Denise

INGREDIENTS:

8 cups russet potatoes, diced
1 yellow onion, diced
2 large carrots, peeled and chopped
½ cup chopped celery
2 cups Cubed Ham
1 teaspoon Kosher salt
¼ teaspoon fresh cracked black pepper
¼ cup flour
4 cups chicken broth
1½ cups heavy cream (you can also use whole milk)
½ cup sour cream

serves:8 servings

Prep time:15 mins

Cook time:4 hours Total time:4 hours 15 mins

Read more at: Slow Cooker Ham and Potato Soup <http://dinnerthendessert.com/slow-cooker-ham-potato-soup/>

INSTRUCTIONS:

Add the potatoes, onion, carrot, celery, ham, Kosher salt, pepper and chicken broth to your slow cooker and cook on low 7-8 hours, or high 4-5 hours.

Using a potato masher, mash about ⅓ of the potatoes (don't worry the ham won't really mash that much)

Add the flour, heavy cream/milk and sour cream and stir everything together.

Cover and cook on high for an additional 15 minutes.

Happenings from IMG-PT

Denise is finally adjusting to the empty nest at home. Her daughter is doing amazing with a 4.0 in her first semester at Kutztown, while playing volleyball for the school. Her son Travis, who is in the Air Force, has transferred from Alaska (3 years) to Maryland and was home for Christmas. The last time he was home was 5 years ago. Her oldest son Josh and daughter-in-law Brooke, were busy this Christmas with Mason (4) and Briley (1). Denise and Joe had a great Christmas with everyone home this year.

Eric was inducted into his college's hall of fame for sports at UMKC in 2016. He is going away for 2 - 50th wedding anniversary trips this year, both in Florida. I guess I taught him more than just some therapy techniques.

Kaylie is patiently waiting for where she is going to be going to PT school starting in the summer or fall. In addition she is growing her photography business.

April is starting Nursing school at DeSales starting in May and got engaged over the Christmas holiday. Stop by and see the ring in person.

So now that you are updated on our happenings, we look forward to seeing you at the office to tell us what is new with you for 2017.

Also to everybody who brought in the pretzels, cookies, cakes, and other holiday goodies: we cannot say **THANK YOU!!** enough for your generosity.

