

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522
www.imgpt.com - email: imgpt@imgpc.com - 610-944-8140

January 2018

From the Desk of Chris Gordos

Happy New Year!!!

2018 is here. This is annual Newsletter recapping where we have been and what we are looking forward to doing next year. We had 12 amazing full-time students plus Kevin this year!! Just kidding Big Cat / Meatloaf / Cellar Dweller. How many of these nicknames do you remember?? Bearded Bluble', Broccoli, Top Knot, Strouse is Loose, Mr. Softy, A-Aron, Old Navy, Josh Lucas, Typhoid, and Cleopatra. I lost a bet this year when Big Cat ate a whole Buffalo Chicken Stromboli at Snuzzels!! Can you believe it? It cost me wearing a Steelers Jersey!!



We said good-bye to Kaylie (Rapunzel), April (Anne Oakley), Ashley, and Cesar. We said hello to Morgan aka the Great Morgani. To tell you how good she is just look at all the people she replaced. We also hired an ex-patient who will be coming back. She already has a nickname "Sneakers." Can you guess who she is?? Come in and say hello to her in the New Year. She will be here Thursday Evenings.

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We had our 2nd busiest year and our busiest month ever in November. We had 456 visits for the month. Denise, Eric, and I cannot say thank you enough for all of your trust with our office.

Some things that we have added to the office are our new Wall of Fame pictures of past patients and their amazing testimonials. Thank you for all of your kind words. We added the Laser for chronic pain patients, peripheral neuropathy, and quicker scar healing. We are looking forward to adding some free workshops this year, stay tuned!! Finally, we will be updating and staying on top of our Facebook page starting in the spring. We have let it slip, but realize that our patients enjoy updates on our daily hijinks at the office.

Eric has officially retired from Easter Seals on Tuesday December 19 after 14 years. What will he do with all his free time? His daughters continue with their love of dance, soccer, and added the inexpensive hobby of horseback riding. Can you see the grin on my face as I type this up!!

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From the Desk of ...
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I had a great time traveling the country / world this past year. But, my wife is making sure I live up to my pledge of spending more time with my family for 2018. She is taking me as far away from work as possible as often as possible. As of now my travel plans for 2018 include Montana, a mini-cruise, Germany, Florida X 2, Dominican Republic, NYC, and anything else that pops up. For those dog lovers, my German shepherd named Leia turned 2 on New Years. She waits by the door for me to get home and then all but knocks me over to play. I am working on getting her to shut our doors to the outside. She has figured out how to open them all by herself, so in order not to heat and air-condition the neighborhood she has to learn how to shut the door. My kids are all busy doing at least 3 sports. I have to learn about the word NO!!

We as an office wish you all a happy New Year and great health. In case your health is slipping to start the year we will try to get you in ASAP. Look for our free coupon with a special bonus if you come in by Valentine's Day.



JANUARY SPECIAL

While turning your head to kiss your sweetheart, do you feel a "kink" in your neck? Or worse does your sweetheart say they cannot kiss you because of neck pain. If so come in for a **FREE** neck screening and kiss pain free for Valentine's Day.

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

Expires 2/15/2018
Ages 18+

Neck Pain Audit

Q: "I woke up with a "KINK" in my neck 3 days ago. And it hasn't gone away. Can Physical Therapy help me?"

A: This is a common question...

And one we hear from a lot of people.

Before I answer this for you..I want to walk you through a Simple Test..we will call it the "Neck Pain Audit."
And it will give us the answer if PT can help you or not..

Part 1: The "Changing Lanes and Backing Your Car Up" Test

1. Sit in a chair keeping good posture.
2. Turn your head to the right as far as you can.
3. Turn your head to the left as far as you can.

Is it harder to turn one way than the other? Or are they the same?

If you felt pain, soreness or stiffness turning your head, then write it down here:

Alright, next:

Part 2: The "YES" Head Nod Test

1. Sit in a chair keeping good posture.
2. Look up as far as you can. (Tilt your head back like a PEZ dispenser).
3. Look down as far as you can. (Try to touch your chin to your chest).

Did you have any pain, soreness or stiffness?

If so, then write it down here..note what you felt and what movement it was with.

(For example, "A deep ache in my right shoulder when I tucked my chin to my chest. Felt stiff.")

Part 3: The "Holding the Phone" between your shoulder and ear Test:

1. Sit in a chair keeping good posture.
2. Tilt your head to the right. (Right ear to right shoulder..don't scrunch your shoulder up.)
3. Tilt your head to the left. (Same thing to the other side).

Was one side tighter than the other?

Write down what you felt here:

Now that the test is done..let's take a look at this.

A really simple rule we use in PT is:

If the Pain is "Reproducible" ..then it is "Reducible".

This means that if one of these movements made your neck pain, soreness or stiffness worse...

Then there is a good chance we can help you in Physical Therapy.

So Here's What to Do Next:

If you want to get rid of that kink in your neck...so it doesn't bother you at work..or so you can sleep without it waking you up..or so you can drive your car SAFELY..then email me.

In the subject line write: "Neck Pain Audit"

Then in the email, just tell me your story. Be sure to include what you wrote down in the 3 Parts above..

It will help me get a better picture of what you have going on.

And I'll be able to help you better, get rid of your neck pain and stiffness naturally.

Talk with you soon,

Chris Gordos, DPT

PS - Oh yeah..my email is [imgpc.com](mailto:imgpt<img alt=)

PPS - Don't forget to write "Neck Pain Audit" in the subject line and tell me your story in the email.

PPS - Can you do me a favor? If you have a friend or co-worker who you see rubbing their neck.. AND you want to help them..then give them this sheet. If you need more copies, pop in and grab one..AND make sure they mention your name for your free bonus!!

2017 IMG-PT STUDENTS

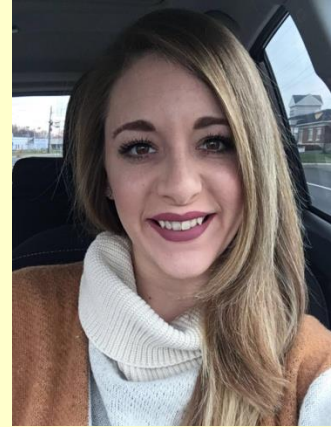
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LAUREN
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MATTHEW
NATHAN
REBECCA
ROBERT
RYAN
THOMAS
TYLER

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IMG-PT Student Profile:

Heather Fisch



Hey guys!

My name is Heather Fisch and I am a new student physical therapist here at IMG-PT. I am currently in my third and final year of graduate school at Drexel University in Philadelphia, PA. This is my last of four clinical rotations and I will be graduating this upcoming April with my Doctorate of Physical Therapy. In 2014, I graduated with my Bachelor of Science in Exercise Science from Hofstra University, where I was also a member of the cheerleading team.

I grew up in Manalapan, NJ and moved to Jackson, NJ about 5½ years ago. To my surprise, I really liked living in Philadelphia for the past 2 years while at Drexel, as I had never previously pictured myself as a “city girl”. The first thing you should know about me is that I am a HUGE New York Giants fan (yes, even with a very sad losing record of 3-13 this year)! I enjoy the beach and warm weather, going on a walk, as well as simply hanging out and talking with family and friends. I also enjoy exploring the city of Philadelphia with friends! And of course I enjoy food, some of my favorite foods being Mexican food, Chinese food, fresh-baked chocolate chip cookies, and oddly enough—broccoli. I am also late to the Netflix party since I only got it 6 months ago, so on my free time I enjoy binge-watching Netflix! I also LOVE dogs, and dearly miss my puppy Shelby pictured below.



My interest for physical therapy began back in high school while I was a competitive cheerleader. After my best friend (pictured here) unfortunately tore her ACL at practice, I became very interested in how she tore it (as I now call the mechanism of injury) and her recovery process. In addition, I found myself paying greater attention to my other teammates’ injuries and rehabilitation. I have always enjoyed interacting with people, and have a passion for helping those in need. Thus, being a physical therapist is the perfect field for me!

My passion for orthopedic injuries grew even stronger following my first clinical rotation in the outpatient setting. As you may guess, I really like the knee joint! Although I had never previously pictured myself working in the inpatient setting, following my most recent clinical rotation, I have a new found love for this setting as well! Regardless of what setting I end up in after I graduate, what is most important to me is that I get to help others restore their quality of life!

I am very excited for this opportunity to learn from very knowledgeable and experienced clinicians—Chris and Eric, and to be a part of the IMG-PT team! I am looking forward to meeting and working with all of you over the course of the 12 weeks I am here. Thank you for allowing me to help you achieve your goals!



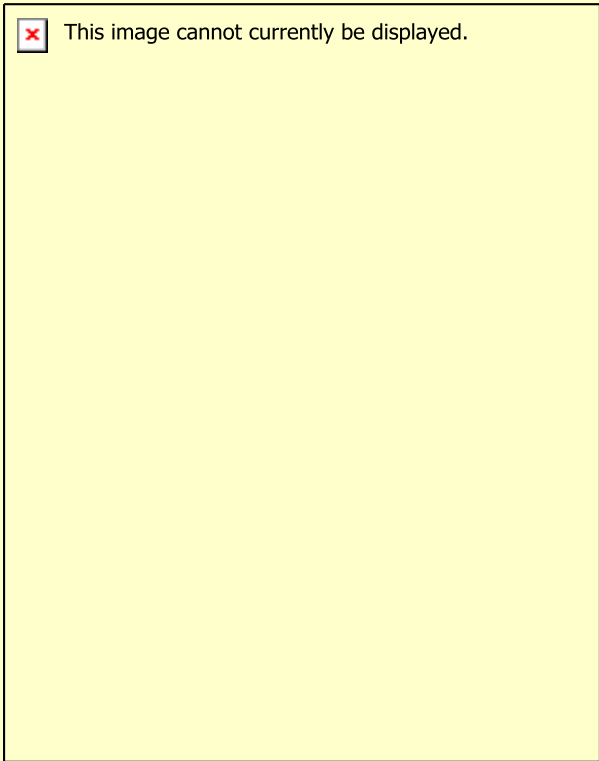
Happenings from IMG-PT



The Gordos Family



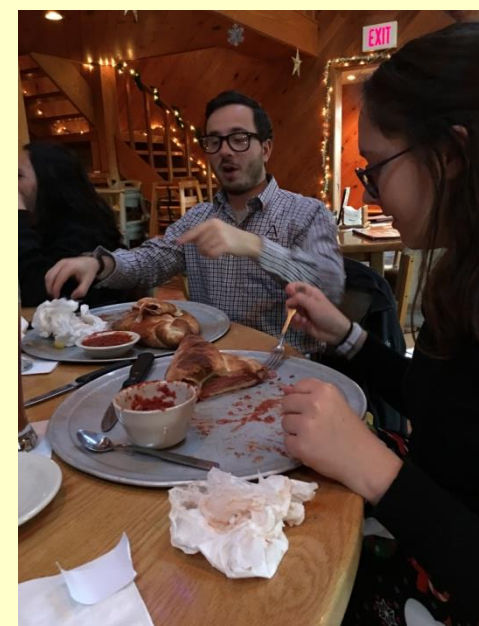
The Meck Family



Kendall and Shaylie Parrish

Congratulations Aubrey L. on your graduation December 17, 2017 from Misericordia. Aubrey will be working in Hawley, PA and taking her boards January 24, 2018. Good Luck Aubrey you will do great!!

STROMBOLI CHALLENGE



IMG-PT Crew December 1, 2017 for the Stromboli Challenge at Snuzzles

L-R:
Madi, Morgan, Cesar, Kevin, Nate, Eric, Alyssa, David, Ally all smiles before there was some serious eating.

Eric, Alyssa, David, Ally

Cesar, Kevin, Nate "come on Cesar, is that all you ate? eat a little faster"

Kevin taking a break to digest a little, while Nate looks on to be sure Kevin isn't going to be sick.

Ally doing better than David and Cesar.

Cesar you need eat in order to compete.



Bragging rights have been earned - **HE ATE THE WHOLE THING!!!**



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***