

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Eric Parrish

Building Blocks.....

Hello All,

I hope everyone is surviving the winter weather and the cold, as we are now well into the heart of winter. I also hope that everyone had a great Holiday Season and have had a good start to the New Year. One of the activities my family did was to go see Lego Land near Plymouth Meeting. Lego Land is a fun interactive place where you can see famous landmarks in Philadelphia built out of Lego's. You can also see a giant Lego giraffe outside of the building. There is of course a huge play structure inside and plenty of Lego building stations for the kids to build and create. My youngest daughter really enjoys the challenge of putting different Lego buildings and vehicles together..... with the help of my wife of course. This year for Christmas that is mostly what she got, naturally they were Frozen themed. Lego's are so popular they have even made movies out of them. There is a big following of people that make movies on youtube by gradually moving Lego pieces and then shooting each frame as they go to make a movie, very time consuming, but interesting. There is even a show coming out on Fox this winter with people building different Lego structures for a competition.

Before you begin to think that Lego is sending me checks in the mail to advertise for them, which I can assure you they are not, let me get to the title of this newsletter. As I was at Lego Land with my kids, there was a class you could take with an instructor. They gave you a box of Lego pieces, and then gradually, piece by piece the instructor showed you how to assemble what you were making. In our case it was a little wolf. I somehow missed this piece of information at the beginning, so for awhile I was very focused on not only assembling the wolf, but also trying to figure out what it was, until my 7 year old filled me in that we had already been told it was a wolf..... mystery solved. Normally I do not do well with putting Lego's together, I believe this stems from when I was a kid and I believe the instructions were not as specific. Today the instructions are very step by step, when I was a kid, they seemed to skip about 4-5 steps and then expect you to piece it together from the one picture they gave you. My wife assures me this was not really the case. At any rate having this instructor give me step by step instructions made it relatively fun and relaxing for me to create my masterpiece.

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As we begin the year 2020, maybe some of you feel like there are pieces of your health that are missing. You feel like you are trying to make a wolf and keep ending up with a hippopotamus. This might be from lingering shoulder pain, neck pain, back pain etc. You have been working hard, but are getting frustrated with your results. To start off the New Year we would like to be your instructor, to help put yourself back together and give you the right sequence of building blocks to make that happen. Instead of being frustrated and feeling "Lost in the Woods", let the Rehab experts at IMG-PT help you get back on track with a specific plan to meet your rehab goals, and take the stress out of going it alone.

Call our office today and mention the phrase "**Building Blocks**" to get your free consultation and take the first step to better health for the year 2020.

From the IMG-PT family to yours, we wish you a happy and a healthy new year!



Happenings From IMG-PT



Ugly Sweater Day: Kate, Andrea, Chris, Erin, Chris
Front row: Jordan and EJ

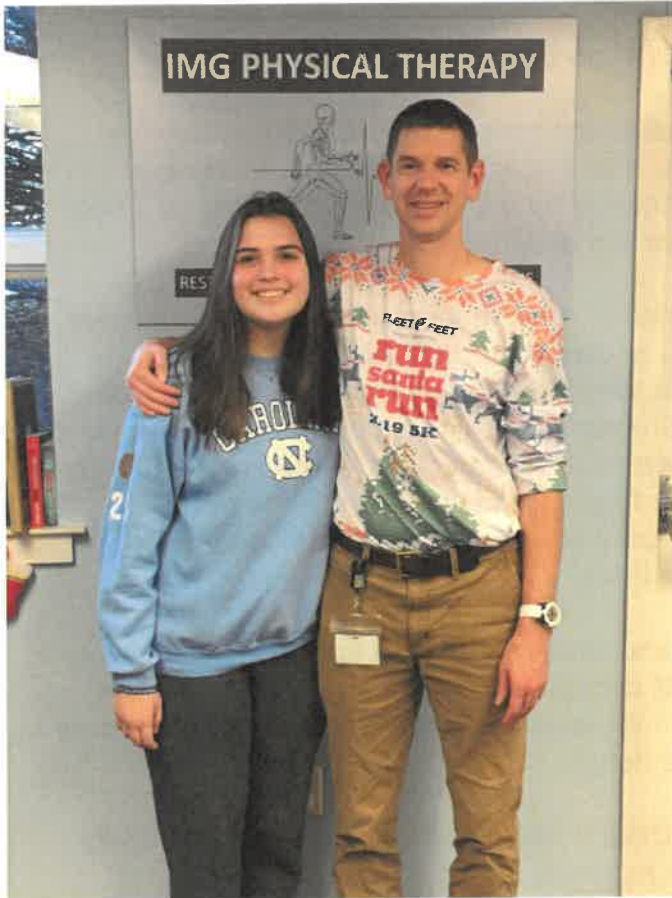


West Reading Run Santa Run 5k
Morgan, Chris, Jordan, Andrea & Meg

Proud Family
Amanda, Denise, Travis and Joe
Travis graduated from Air Force Officers School as a
2nd Lieutenant.



Success Stories



"You guys are fantastic! After coming in here for many problems, I have always had fun and looked forward to coming. My knee pain has gone away and so has the numbness in my legs. Thank you for helping me and making me laugh. 😊"
Avery M. 12-23-2019

"My family doctor prescribed physical therapy for my injured knee in mid September. At the time, my knee was extremely painful and I was hobbling everywhere. I could not straighten my knee or bend it without heavy pain.

My prescription for PT was for four weeks. During my time at IMG-PT I was helped and cared for by an amazing staff. I found them very knowledgeable and caring. The amount of attention I received was incredible. During these four weeks my pain has dissipated into a mild discomfort. I am virtually pain free. I have been able to return to my daily "busy" activities. My overarching goal was to return to bicycle riding, a goal that I will meet today.

Thank you to the entire staff for the attention and care you provided to me, well done!" John H. 10-25-2019

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

IMG-PT STUDENT PROFILE:

Sarah Deacle

Hi Friends of IMG, I'm Sarah Deacle, a student wrapping up a 12 week clinical experience with IMG-PT. I will have one more such clinical rotation to finish my DPT degree at Temple University, which is scheduled to be at Easter Seals with a pediatric population. I have really enjoyed my time at IMG-PT and learned tremendously from the physical therapists here.

My background? This is a second career for me. I have a past career in horticultural science, including teaching at Temple and Longwood Gardens, and project management at various public horticulture non-profits, and followed most recently by a 5 year stint at home as a stay-at-home mom with my now 12 year old son and 8 year old daughter.

What brought me to physical therapy? You'd be surprised - a lot of gardening programs involve helping people be their best physically-active selves, and so the switch to a physical therapy focus isn't as foreign as one might guess. At one point when I was working for the Delaware Center for Horticulture, I coordinated a garden lecture series with physical therapists from the University of Delaware which focused on the best ways to position yourself when gardening to avoid strains and back pain. People loved it and I was fascinated with the science of body movement. Now, eight years later, I really enjoy helping get people back into good health through exercise, and seeing how it can change their lives.

I live in Trappe, PA with my husband, two children, and assorted pets. I can't say I'm from the area --I've lived in southeast Pennsylvania for the last decade but before that spent stints in New York, Michigan, and Virginia, after growing up in Wisconsin and the Sudan. But after three years in Trappe, it's starting to feel a little more like home.

When I'm not at the clinic or studying, I love the outdoors, having adventures with my family or the kid's scout groups, baking when I have a spare moment, or, of course, gardening. Thanks to all the patients and staff at IMG-PT for the learning experience - It has been great to work in a busy, local clinic with great teachers and patients.

