

PT HAPPENINGS



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January 2021

From the Desk of Andrea *"The Crack in the Pot"*

Season's Greetings past, present, and future IMG-PT family! I hope you all had a safe and healthy holiday season! It's hard to believe that I am sitting here writing about the New Year. I typically find myself going straight to topics such as "New Year, New You", but I just didn't feel that this fit for this newsletter. Like I'm sure many of you have done, and are still doing, I have been finding myself reflecting on the year 2020 and trying to wrap my head around my thoughts and feelings regarding everything that has occurred. I was talking to my husband about this a few weeks ago and I expressed to him that 2020 felt like the five stages of grief. Let me elaborate a bit on the five stages and how it correlated to 2020, and then let me explain the title of this opener.

1. Denial "is the intellectual and emotional rejection of something that is clear and obvious". For many of us, this was the initial thought process of "oh, this is so over exaggerated by the media!", "it's no worse than the flu", and my personal favorite "I'm young and healthy, I have nothing to worry about".
2. "The feeling of anger is empowering. We move toward anger in an attempt to gain control over our fears. Rather than accepting and dealing with the problem, we turn hostile, blaming others, engaging in power struggles, externalizing the issue, and, sometimes, and refusing to comply with the rules." Anger in this climate can be demonstrated by stating things such as "this is all China's fault", or "I don't care what the governor has ordered, I am still doing to do X, Y, and Z".
3. "Bargaining occurs when denial breaks down and we start to acknowledge reality but we're not ready to give up the illusion that we still have control. Basically, we try to compromise to find an easier, less painful way out.". This looks like "I can spend time with these people as long as they wash their hands before seeing me", or "this will all be over by Christmas".
4. "Despair and depression occur when reality fully sets in, when there is no more room for denial. There is a sense of hopelessness, a feeling that we are fully disempowered and all is lost. We engage in self-pity. We think that nothing can help now, despite evidence to the contrary. We rue the fact that our attempts at bargaining haven't worked." You may have heard others or yourself saying "I can't go to work, I can't earn money and pretty soon I will be broke and homeless", or "this pandemic is the new normal- I guess I can kiss my hopes and dreams away".
5. "Acceptance occurs when we finally acknowledge and surrender to the facts, whatever those facts happen to be. When we reach this stage, we can stop denying and fighting reality, and we can start dealing as effectively as we can with what has happened and what is happening." For some this looks like the change in thinking to "even though I cannot do my normal activities, I can find new hobbies to delve into, I can still connect with friends and family via the internet, and I can enjoy extra time with my children, spouse, or even pets", or "even though this is changing the world, maybe it will change the world for the better- a kinder world".

The Cracked Pot



This is where “the crack in the pot” comes in. A little background- Andrew and I had bought ourselves a new coffee pot and within 2 weeks there was a crack in the glass carafe. I was pretty upset because it definitely was not a “cheap” coffee maker and we didn’t drop it or anything..how on Earth did this happen? However, not only did we end up getting another brand new coffee maker free of charge (not just the carafe), we also got a gift card from the store (shout out to Bed, Bath, and Beyond!). I know, it doesn't seem like that big of a deal, but at the end of the day, there was a silver lining for the trouble- or, if you will “a crack in the pot”...

So, my friends, the point of this entire opener is that no matter how you feel about the pandemic or at what stage of grief you may be in, try to remember that there is usually a “crack in the pot” at the end of the tunnel. May each and every one of you find peace and solace in knowing that we are all in this together and that there is the hope that at the end of all of this, we will have a kinder, more understanding world.

It is a New Year, and although things still look a little different, the IMG-PT family continues to be here to help you in any way we can. Our “crack in the pot” is that we have learned how to adapt and grow as a team in order to continue to serve this wonderful community- ***we aren't going anywhere*** so if you or a loved one are suffering from pain, don't wait! Come in to see us so we can get you feeling better and get you on your way to finding your silver lining!

January 14, 2021

New Year New You....

Are you currently experiencing low back pain, sciatica, arthritis, shoulder pain, neck pain, headaches, knee pain, problems walking, dizziness.

Then give us a call at 610-944-8140 so we can help you solve these issues.

We will be scheduling FREE SCREEN appointments so that you can discuss your issue with one of our therapists and establish a treatment plan for successful treatment.

So if you're experiencing any pain and you'd like to find out the real cause of it-and the way to solve it-all you need to do is call us to schedule your FREE SCREEN.

610-944-8140

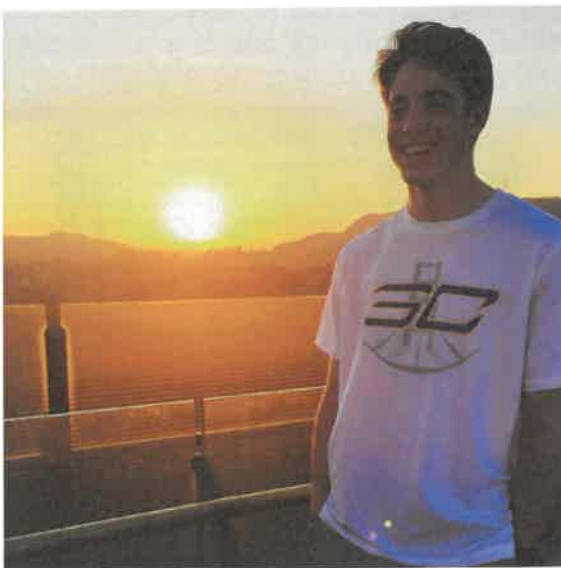


Say Hello to Nate!!!

Hello! My name is Nathaniel Rice, and I am currently a 3rd year DPT student at Temple University. I am at IMG Physical Therapy until early February 2021 for my second full-time clinical experience. I will graduate in May of 2021. The staff and patients have given me a warm welcome in my first couple of weeks, but I am excited to get to know more about each and everyone who comes through the door at IMG Physical Therapy!

My fascination with human anatomy and physiology and my avid interest in sports injuries brought me into the world of physical therapy. I was fortunate enough to get a glimpse of physical therapy by shadowing in my high school and undergraduate years which showed me the vast opportunities that physical therapy has to offer, and I have been hooked ever since. My mission statement is this: "I will strive to serve others and make all people feel a sense of comfort (physically, mentally, emotionally, spiritually). I will accomplish this by accruing knowledge each day and by being an example of compassion and humility."

In my free time I enjoy taking walks with my two wonderful dogs (Faith and Shadow), taking hikes, listening to music, playing sports (mainly soccer and tennis), watching sports (professional football, basketball, and tennis), playing video games, doing puzzles (with the help of my grandma), and hanging out with my family and friends. I currently live in Allentown, PA but I thoroughly enjoy traveling both domestically and abroad. My two favorite places I have been recently are Zion National Park and Alaska. If you see me in the clinic feel free to poke fun or crack a joke because I am always up for a good laugh. I want to thank Chris, Eric, Andrea, and all the staff at IMG PT for allowing me this wonderful learning opportunity and helping me fulfill my dream of becoming a physical therapist!





"IMG Physical Therapy is a HAPPY PLACE!! From happiness flows compassion; it is clear that all of the IMG-PT staff care about their patients. On top of happiness and compassion comes competence. Folks here are real professionals - any place that teaches a skill knows the skill. My best wishes to all at IMG-PT."

Andy W. 10-9-2020

"I came to IMG-PT because of pain in my left shoulder, I had limited range of motion. At the end of my therapy my pain has decreased by 90% and my range of motion has increased by 70%. I have full expectations of 100% range of motion and total elimination of pain with continued stretching and strength training at home. Thank you IMG-PT for your help." Lea B. 11-18-2020

"When I first started one week after hip surgery I didn't have much strength or flex in my left leg. IMG-PT showed me stretches and exercises that would help restore function to my leg. Now after 6-8 visits I have no difficulty doing stairs, getting in and out of the car. Thank you to everyone at IMG-PT for helping me get back to "normal". Pete E. 10-1-2020

"My achilles is not so tight-and the flexibility in my left ankle has significantly improved. The strength in my ankle and calf has continued to improve. The massage and ice and treatments have been great! I have noticed a reduction in the swelling and expect this to continue to get better as I do the exercises at home and at the gym. The entire team has been helpful---great attitudes!! Kim H.E. 7-6-2020



"The staff was amazingly compassionate, knowledgeable and sympathetic to my experiences and condition. I felt comfortable with all exercises and completely well cared for. Everyone I interacted with helped me through the process and my progress was steadily improved. I am very glad I came here. I would recommend IMG-PT to anyone and it is a treasure for Fleetwood to have." Mike R. 12-2-2020



New at IMG-Physical Therapy for 2021

Now Offering
**DEEP TISSUE
LASER THERAPY™**



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

Fleetwood, PA- January 4, 2021: 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 cleared 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 having an **OPEN HOUSE January 14th** and offering **FREE LASER treatments 1-5 pm**. We only have **20 available time slots** so 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 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 return patients 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.