

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

July 2017

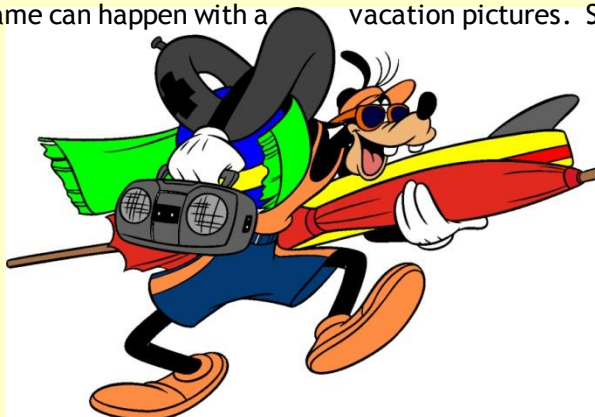
From the Desk of Chris Gordos

Getting BACK on Track:

No this is not about the railroad industry. That is an Eric Newsletter. This is the season of vacations. Vacations from work, vacations from therapy and exercising, vacations from the daily grind, and if you are lucky, vacations from your children. Now don't get me wrong, I love my children, but in order for me to not lose my sanity, a break from the children with your loved one is the best type of vacation.

Eric and I are both just returning from our July vacations and preparing for our August trips. Denise is enjoying a summer of camping with her family. Eric had a great time on his Disney Cruise celebrating his in-laws 50th anniversary. I finally made it up to Cape Cod with my family for something other than a funeral. Eric is planning on his trip to the beach and maybe his annual trek back to Kansas. I am getting ready for my first Cruise. Going to see the Caribbean on a floating city; hoping to prevent a week of feeling seasick!!

The excitement about going on vacation is often as great as the vacation itself. A great analogy is the excitement of an impending surgery to "fix" a problem that you have that is preventing you from living your life without limitations and without pain. Hopefully your surgeries and vacations are awesome and everything goes as planned. Sometimes your vacation starts on the runway stuck in a plane with a blown engine and a screaming child behind you kicking your seat. Sometimes the weather puts a hurricane right on top of the island you were planning on going. Unfortunately, the same can happen with a surgical intervention.



INSIDE THIS ISSUE

From the Desk of...	1
Program for Football Players	3-4
IMG-PT Student Profile	5
Happenings from IMG-PT	6-8
Recipe	2

No matter if you had an A++ vacation or a vacation where you wished you had just had a stay-cation, the hardest part can be the return to the normal grind. Washing and folding the laundry, doing the dishes, picking up the dog at the kennel, bailing the hay that used to be your yard, running to this game and that practice, and preparing for work the next day can ruin the end of a vacation. There is no time for exercising. There is no time for therapy. Sound familiar?? The problem is that by forgoing your exercises, therapy, proper sleep, and nutritional regiment your body will remind you of your neglect.

Getting back on track with your back exercises (see what I did there?) can be a daunting task. The problem is that many of us, myself included, put it off for a week on vacation and the week we return because we do not make the time. Next thing you know, you stop all together. However, eventually the dysfunction you were keeping at bay, returns. Pain has a funny way of re-prioritizing your daily routine. It is human nature to neglect issues that aren't constantly reminding you that they still exist. That is the reason behind the cliché of the squeaky wheel gets the grease.

If you have gotten off track and you need professional help to put you back in place, please give us a call. Being that it is the summer months, this is a lighter time of the year. We can get you in the same day. Don't wait until the Fall, when everybody wants to come in after returning from their summer vacations. Even if you are doing your exercises and pain free, please stop by the office and show us your summer vacation pictures. See you soon.



Creamy Garlic Pasta with Shrimp & Vegetables for Two

Cook 30m Ready in 30m

Ingredients

3 ounces whole-wheat spaghetti
6 ounces peeled and deveined raw shrimp
cut into 1-inch pieces
1/2 bunch asparagus, trimmed and thinly
sliced
1/2 large red bell pepper, thinly sliced
1/2 cup fresh or frozen peas
2 small or 1 large clove garlic, chopped
1/2 tsp plus 1/8 tsp kosher salt

3/4 cup nonfat or low-fat plain yogurt
2 T chopped flat-leaf parsley
1 1/2 T lemon juice
1 1/2 tsp extra-virgin olive oil
1/4 tsp freshly ground pepper
2 T toasted pine nuts
(see Tip; optional)

Directions

Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring, until fragrant, 2 to 4 minutes.

Dynamic Warm-up Program for Football Players

Whether it is recreational or professional, any athlete who participates in an organized sport predisposes themselves to injury. However, injury risk is significantly greater in contact sports, such as football. There are many risk factors that can lead to injury including, flexibility, strength, anatomical make up, and different playing surfaces. A few of the most common injuries that are seen in football players that can be prevented with proper warm-up include, hamstring strains, ankle sprains, and ACL tears. This dynamic warm-up program can help football players of all levels, reduce their risk for suffering an injury, and also improve their game on the field.

8 Dynamic Warm-up Exercises for Football Players.

1. Punters - This stretch involves walking and kicking each of your legs like you are punting a football. If the athlete is performing this stretch correctly, they will feel a stretch in the hamstring. This is an excellent stretch to improve hamstring flexibility and hip mobility.



2. Hip External Rotation - Begin a light walk. Lift your leg with your knee bent to 90 degrees. As you lift your leg rotate your knee outward to help open up your hips.



3. Lateral Lunge - This stretch will help to activate the gluteus medius muscle. Begin with a sideways walk, as you step, lunge to the side of your lead foot. If the athlete is performing this stretch correctly, they will feel a stretch in their groin.



4. Backpedal - Begin with an athletic stance. This helps to activate the glutes, hamstrings, and calves. The coach should cue the athlete to perform this drill with "quick feet" This drill is particularly important for defensive backs and linebackers.



5. Inchworm - This exercise stretches the hamstrings, and also works on core stability. Start in the pushup position. Then walk the legs in towards the chest, as you feel a stretch in the hamstrings. When you cannot walk the legs forward any further, walk the hands out to return the push up position.



7. Lunge with Thoracic Rotation - Begin in the lunge position. When in the lunge position, rotate your upper body towards the leg that is back. This works on stretching the hip flexors, and improving mid back rotation.



6. Backwards Hip Extension with External Rotation - This helps to activate the gluteal muscles, and hip external rotators. The athlete will begin with a walk; they will then bend forward while standing on one leg. They will want to extend the leg that is in the air and point their toes outward.



8. Walking knee highs - As you walk, grasp one knee and pull it towards your chest, this works on improving single leg balance, and stretches the gluteal muscles of the knee that you are lifting.



Each of these exercises should be done for 20 yards with continuous movement, prior to beginning static stretching. Once the dynamic warm-up has been completed, the athlete can begin static stretching.

IMG-PT STUDENT PROFILE: Ashley Hatten

Hello everyone!

My name is Ashley Hatten and I started working as a Physical Therapy Aide at IMG-PT the beginning of May 2017. Before starting at IMG, I graduated from Owen J. Roberts High School in Pottstown, PA. This August, I am entering my senior year at Penn State Berks with a Bachelor of Science Kinesiology degree. My plans are to continue my education and attend graduate school to get my Doctorate of Physical Therapy.



I have had some experiences with being a patient at a physical therapy facility. I am a dancer and have been dancing since I was 3 years old. I've gone to physical therapy for sprained ankles, pain in my knees, and a herniated disc in my back. Throughout my time in PT, I truly appreciated what a physical therapist can do and I knew I wanted to help others in the same way.

Aside from either being at school or working here at IMG-PT, I enjoy spending time with my family and friends, going to the beach, playing with my dogs, working out, and dancing.

I want to thank Denise, Chris, and Eric for teaching and supporting me as I pursue my goal of becoming a physical therapist. I am extremely grateful for this experience and opportunity that IMG-PT has offered me.

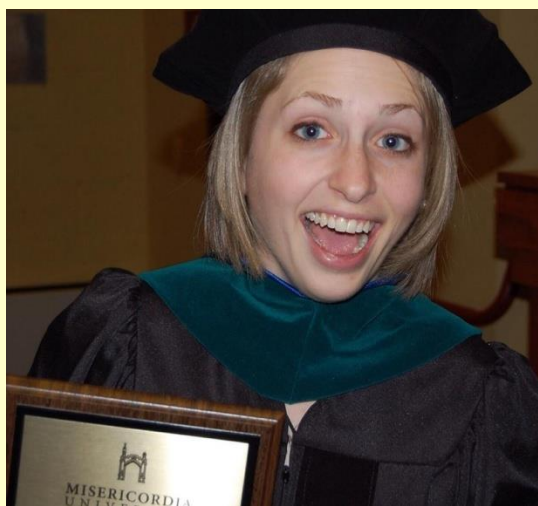
Happenings from IMG-PT



Carter Sheely graduated from Drexel University, March 2017. She did her internship here at IMG March-June 2016. She is currently working in an Outpatient Orthopedic Clinic in her hometown in PA.



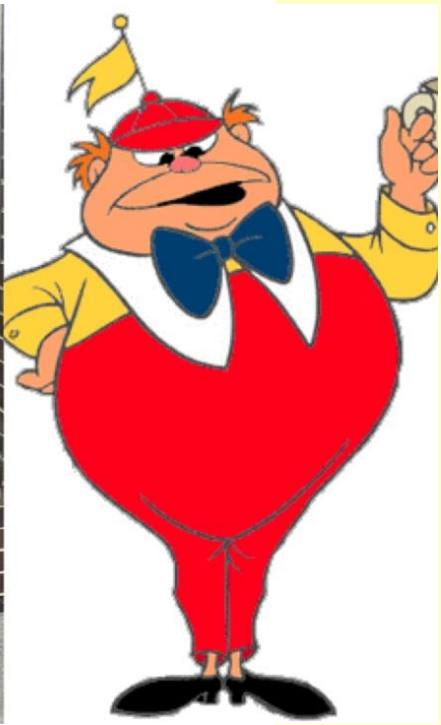
Chris with his family at Fenway Park



Megan McClary, aka Buttons, who was with us October-December 2012 and graduated from Misericordia University December 2012 now works as physical therapist in Clark's Summit, PA. She specializes in general Orthopedics and is continuing her education focusing on Women's Health training.



Eric with his family and Stitch



Time for Kaylie to pay her debt for her March Madness loss before her last day here at IMG-PT (July 27)



April's last day paying up on her March Madness loss.



And then we have students (Garrett) who are all too eager to dress up....



As you can see, we like to have **FUN** here at IMG-PT



REFER A FRIEND *and* **GET A GIFT!!**
They must come in four or more visits for you to receive either a t-shirt, flashlight, cooler bag or drawstring bag.