

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 2018



From the Desk of Chris Gordos

Surprise...Chris went on Vacation

So...Denise wanted to take down the map of the World on our office wall which states "Where in the World is Chris?" I told her it is a mistake. By the time you read this I will have returned from my vacation to Germany with my teenage son, my mother, my mother's friend, and my wife. I am sure there will be stories!!! You will have to come into the office or look for my posts on Facebook to see what interesting stories happened.

I have never been to Germany, nor Europe. Not only have I never been to Europe, I am going with my family. Needless to say I am a little nervous. We are going with a tour group which has taken care of all the planning with times, tours, meals, hotels, etc. We are going to do a long slide down into a Salt Mine, visit Dachau, visit the smallest country in the world, see the Alps, eat some chocolate, and if I can sneak off at lunch have some great German Beer. I do not remember how much it cost (it wasn't cheap), but now that I leave tomorrow, it is money well spent. It is stressful enough without worrying about all of the extra planning. My wife is the one who usually takes care of all of the details, so hopefully for her this will be a little more relaxing. All we have to do is show up on time to the school for the bus ride down to the Philly Airport. Even so, I am sure that there will be some heated discussions prior to leaving as we tie up loose ends. That is how most things in life that are new and memorable work. The unknown is scary and full of possibilities, but it can turn out amazing.

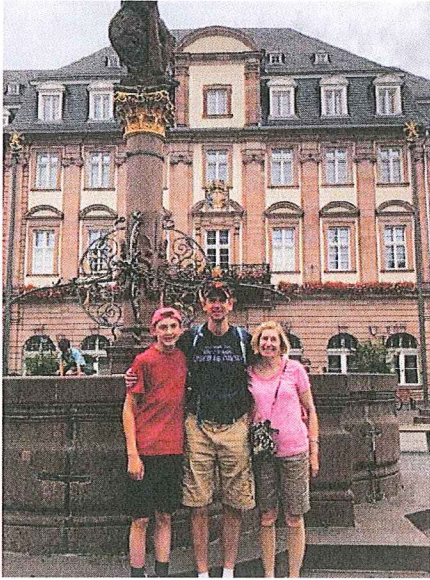
This nervousness that I am feeling is probably similar to what many patients who need physical therapy, but have a hard time picking up the phone to schedule a visit, feel every day. Just look at all the things you have to overcome to get to therapy. Well...we can make that easier for you.

INSIDE THIS ISSUE

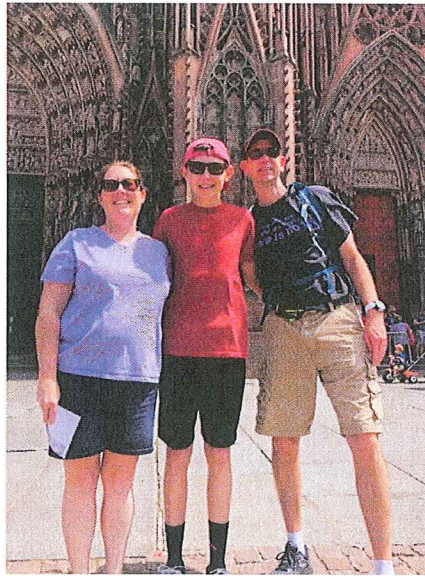
From the Desk of...	1
IMG-PT Student Profile	3
Recipe	4
Return to Biking	5-6

First, you have to admit that something is wrong and you have an issue (Don't worry we are all crazier and more debilitated than most of our patients). Second, you have to go see a doctor to get a script for PT. Great news, many insurances are allowing you to attend PT without the extra step of seeing the doctor first. It is called Direct Access. Third, you have to pick up the phone and call to schedule a visit. The fear of the dreaded phone messages of press 2, then 1, then 83, then 2145, then they hang up on you!!! Surprise, if you call during normal office hours the phone will be answered by a real human by the 3rd ring (usually). Fourth, you have to fill out a mountain of paperwork. We now have it online to print out. Maybe you can trick your loved one into filling it out for you? Finally, you may have to be evaluated by Eric. Luckily for you, we have 3 students. So you only have a 20% chance that you will have to see Eric. The odds are in your favor.

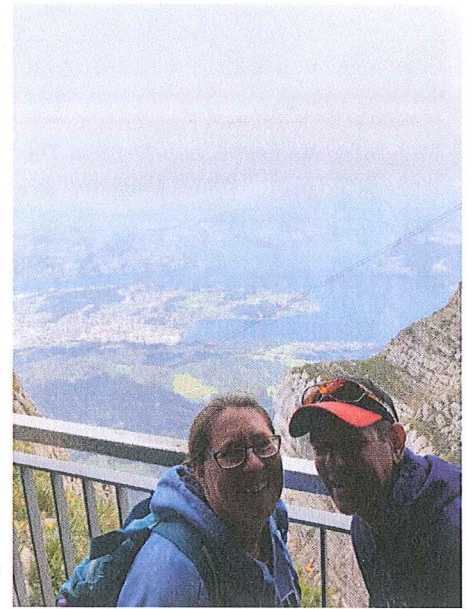
In all honesty, what are you or your loved ones waiting for? What are you nervous about? Make the call. Stop living in pain. Stop wishing you could go out and do the things that you used to love to do. I bet we can help. I am so sure that we can offer some form of relief or advice that Eric and I are willing to do a free consult with no strings attached. Call Denise before July 31st and ask her, "Where is Chris going now?" and schedule you or your loved one's consult so we can get you back to enjoying life. Better yet, take the whole plunge and schedule your evaluation and start treatment today. We want to see the pictures of your world travels!!! There is no reason why you don't deserve to live the life you want to live. See You Soon (Bis Bald).



Chris with his mom, Lynn, and son, Andrew.



Chris with his son, Andrew, and wife, Kristin.



Chris and Kristin



Salt Mines



For more information about the trip to Germany please like us on Facebook to follow the daily stories and see more pictures.



Student Profile: Victoria Armstrong

Hello! My name is Victoria Armstrong and I just completed my first year of the physical therapy program at the University of Scranton. I received my undergraduate degree in Exercise Science from Scranton as well. I am about halfway through my first clinical here at IMGPT and I have learned so much already! When I'm not at clinical, I'm either working as a waitress at a country club, or spending time with my family and friends in Collegeville, PA. While I live with my mom, dad, sister, two brothers and a dog and a cat in Collegeville now, I grew up and graduated from high school in New Jersey.

Travelling to see my high school friends in Jersey or going to the shore is easy, but I also love traveling and visiting places a little further away. During my junior year of college I spent a semester abroad in Rome and I was able to take weekend trips to many countries in Europe. While I was there my favorite parts of the trips were going to churches and museums to learn about the history of famous art pieces and trying all the local food. History has always been one of my favorite subjects in school and I loved learning about culture and historical events and crazy facts through the artwork and food. Coming from a big extended Italian family, food is very important to us and I love making traditional recipes like homemade pasta or manicotti that have been passed down through my family and also learning new recipes and ways to cook. I would say I'm a pretty good cook, but unfortunately my baking abilities are limited to making banana bread and boxed brownies. Thankfully my sister is an amazing baker and is always happy to make desserts for me from scratch!

Another of my hobbies is running. In middle and high school, I ran cross country and track and field, and while I did not run competitively in college I still was able to enjoy running as a hobby and a good way to relax. I haven't run any long races yet, but one of my goals is to finish a half marathon before I graduate PT school.

I am very excited to be able to be on my first internship at IMG PT. These first couple weeks have been great and I can't wait to see what else I will learn here!



German Potato Salad

INGREDIENTS

2 lb. baby potatoes, halved
6 slices bacon
1 red onion, finely chopped
1/4 c. apple cider vinegar
2 tbsp. water
1 tbsp. extra-virgin olive oil
1 tbsp. dijon mustard
1/2 tsp. granulated sugar
Kosher salt
Freshly ground black pepper
8 green onions, sliced



DIRECTIONS

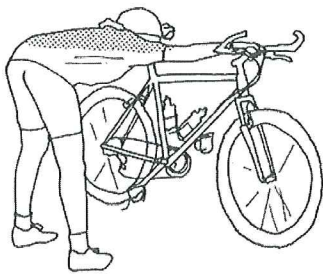
1. In a large pot, cover potatoes with water and season generously with salt. Bring water to a boil and cook until potatoes are easily pierced with a knife, 15 to 20 minutes. Drain and let cool slightly before transferring to a large serving bowl.
2. In a large skillet over medium heat, cook bacon until crispy, about 8 minutes. Reserve about 2 tablespoons of fat in pan, and transfer bacon to a paper towel-lined plate to drain.
3. Add red onion and cook over medium heat until starting to soften, about 3 minutes. Whisk in apple cider vinegar, water, olive oil, dijon mustard, and sugar. Bring mixture to a simmer, then turn off heat and season with salt and pepper.
4. Stir in green onions and gradually pour mixture over potatoes.
5. Toss to combine and serve warm

Return to Biking Program

So, you're finally ready to get back to biking after your injury. Here are recommendations your PT at IMG-PT has prepared for you which includes proper stretching, bike fit, biking posture, and progression for making it a comfortable and safe transition, while minimizing your risk for re-injury. If at any point in time you feel sharp pain, stop the program and consult your PT.

Stretching

Stretching helps to reduce tightness and strain in your neck, back, shoulders, arms and legs so you can ride longer with less fatigue, and recover faster with post-ride stretches. You should do a light warm up of walking or jogging for 5-10 minutes before stretching, and follow your bike ride with these stretches. Hold each stretch for 30 seconds.



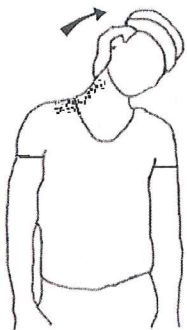
Back Stretch

Place your hands on your bicycle saddle and handlebars, and your feet shoulder width apart. Step back away from your bicycle and bend forward until a stretch is felt in the mid-back.



Back Extension Stretch

Place your palms on your lower back with finger pointing down. Pull your elbows back & press gently with your hands as you arch your back until a stretch is felt in your lower back and across your chest.



Neck Side-bend Stretch

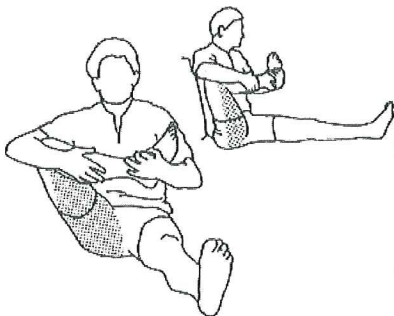
Keeping your shoulders down & level, and your face forward, bend your head so your ear goes towards you shoulder and stretch is felt along the side of your neck.

Repeat to other side.



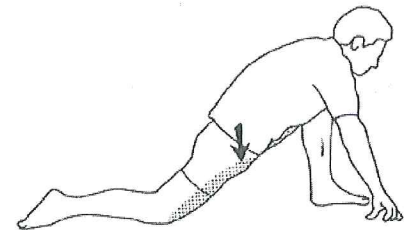
Neck Flexion Stretch

Bend your head forward as if to touch your chin to your chest until a stretch is felt along the back of the neck.



Seated Gluteus Maximus Stretch

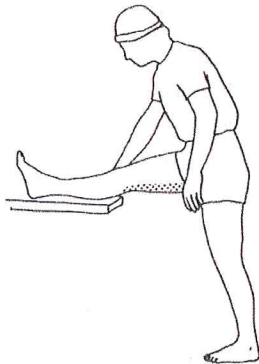
Lift and rotate your right leg and grab behind your left knee with your hands and slowly pull your legs up towards your shoulders. You will feel a stretch in your right hip.



Hip Flexor Stretch

Slowly push pelvis downward while slightly arching back until a stretch is felt on the front of the hip.

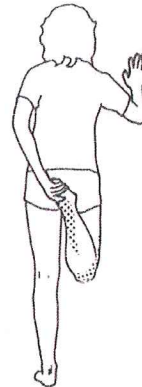
Repeat on other leg.



Standing Hamstring Stretch

Place foot on stool or bench. Slowly lean forward reaching down shin until a stretch is felt in the back of the thigh.

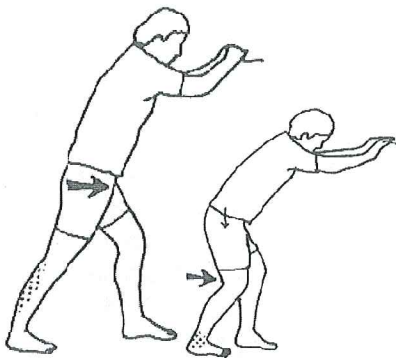
Repeat on other leg.



Standing Quadriceps Stretch

Pull heel to buttock keeping the knees in-line with each other until a stretch is felt in the front of the thigh.

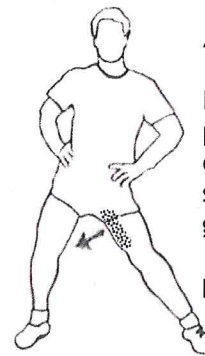
Repeat on other leg.



Gastroc / Soleus Stretch

Keeping back leg straight, with heel on floor, lean into the wall until a stretch is felt in the calf. Hold 30 seconds.

Now, slightly bend the back leg until a stretch is felt in the lower calf. Hold 30 seconds.



Adductor (Groin) Stretch

Place feet in straddle position and lean towards one foot until you feel a stretch on the inner thigh & groin.

Repeat in other direction.



Posterior Shoulder Stretch

Grab your opposite elbow and pull the arm across your chest until a stretch is felt along the top and back of shoulder.

Repeat on other arm.



Triceps Stretch

Hold on to your opposite elbow and pull the arm up and then behind the head until a stretch is felt in the back of the arm.

Repeat on other arm.

