

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522
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July 2019

From the Desk of Eric Parrish

Everybody needs a little time away.....

Hello All,

I hope everyone is enjoying the start of summer, and the warmer weather. As I am writing this it is the first official day of summer. My girls are very excited for the start of summer. For them it means no more school or preschool (think of the lyrics School is out for Summer.....) They get to stay up a little later and get up a little later. There is time at the pool and both of them are attending horse camp this summer. My 5 year old is very excited about getting to ride the horses for the first time, they don't allow anyone younger than 5 to ride the horses. The change in routine and time away from the daily routine is a welcome breath of fresh air for them after the long school year.

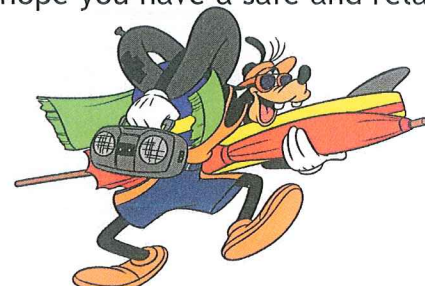
As adults we don't usually get to relive the excitement of summer vacation (3 months off from school/work, unless you are a teacher) because for most of us work goes on and the routine can seem very similar, even during the summer. For the most part, summer signals the start of what I would call vacation season. Yes, the time of year we make plans to get away from the routine and see a new place or have a new experience. We can tap in to our inner travel agent and find the perfect trip to get away, and enjoy a little time with family and friends, or in some cases some much needed time alone in a cabin in the woods (Andrea's suggestion to decompress). Maybe you have plans to go to the happiest place on earth, Disney! Nothing says happiest place on earth like long lines, standing in the baking sun while your kids are crying and complaining about not getting to see a princess, or having to wait two hours to get on a ride. Seriously, if you want to have a magical Disney experience, and not have a nervous breakdown, call our office and ask for Chris. He is the official tour guide for Disnev.

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He can help you avoid many of the pitfalls of going to Disney and get you closer to the magical experience you think you will have, and farther away from gently sobbing in the corner of your hotel room after a day at Disney. If your summer plans have you braving the Disney gauntlet, or like Andrea, sneaking away for a little alone time in a cabin in the woods to recharge your battery; I hope that you do as the title of this article suggests, take a little time away from your normal routine and have a little summer get away, even if it is just for just a few days.

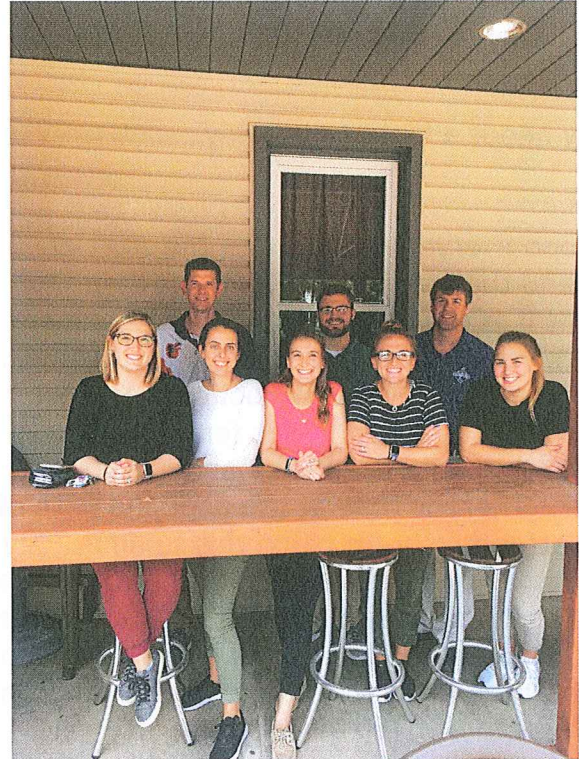
Maybe you have been suffering for a long time and you are looking for a little time away from that pain. This month we have coaxed Andrea away from her cabin in the woods to give free consults for patients with chronic pain lasting greater than 1 year. She is a specialist in dealing with chronic pain and in her short time here has already helped many people reduce their pain and get back to the activities they enjoy. Just call Denise 610-944-8140 and say "everybody needs a little time away" to schedule your free consult with Andrea for the month of July. Happy summer vacation season from the IMG PT family to yours. We hope you have a safe and relaxing time away.



CONGRATULATIONS!!

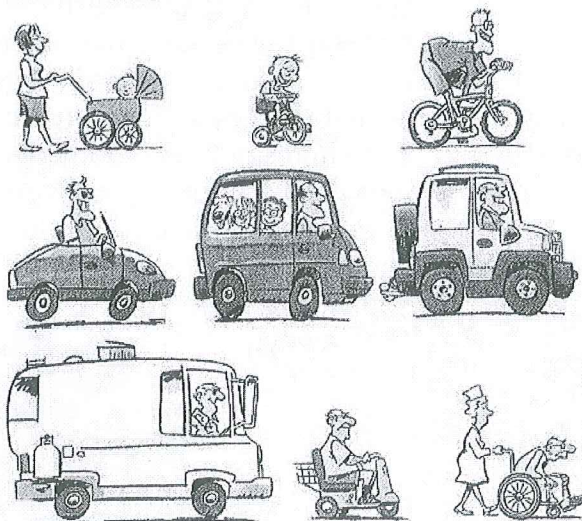


Congratulation Caroline on your graduation from Temple University May 10th. Caroline was one of our interns here from November 2018 to February 2019.

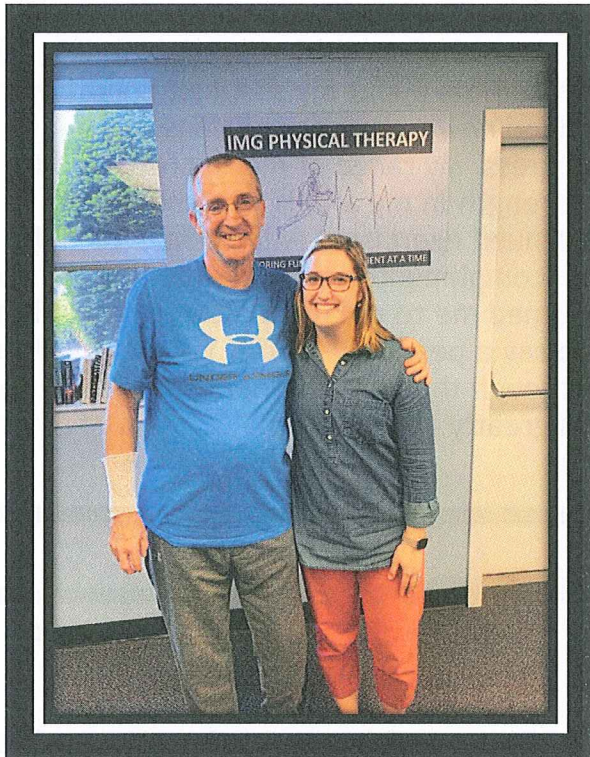
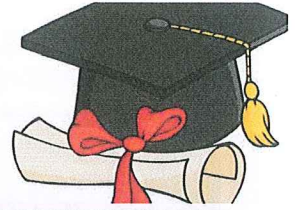


June 28th we all wished Julia farewell from IMG-PT and good luck on her new adventures in NC to begin her next chapter in life by attending grad school for Physical Therapy.

The Wheels of Life



THEY DID IT!!



"I enjoyed my physical therapy sessions at IMG. Everybody was so polite & most of all, good at what they do. My improvement from beginning, when I was very limited to now, is night and day. The flexibility in my foot and ankle is back to normal."

Mike M. 5-8-2019



"Such a great help with everyone. I could not do my regular activities I use to do and now getting back to all the fun things I can enjoy. I'm so glad I picked this place for therapy. Everyone is awesome and I love how everyone helps out as a team and have fun and to see they love what they do."

Bonnie H. 5-15-2019

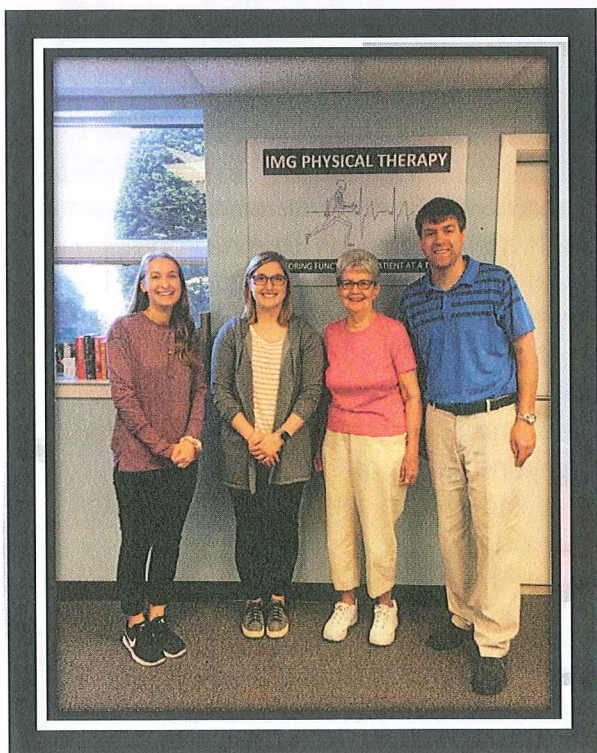
Our Patient's Are The Best!!
Thank you for your trust
and support by sending us
your family and friends.
We couldn't do what we do
without you.

"I came to IMG-PT with a strained neck muscle. It gave me pain, stiffness and reduced range of motion. I was given the Best care. Within four weeks I was pain free, no stiffness and my range of motion was so much better. I am leaving 100% better, with exercises to strengthen my neck, shoulders and upper back and stretches for the same areas. Thank you for your care."

Gael K. 5-3-2019



"I had shoulder surgery on February 1, 2019. The surgeon repaired my supraspinatus muscle in my rotator cuff. The surgery went well, but my left arm was now weak, and I needed therapy to regain my strength again. Each and every member of the IMG team treated me extremely well, and they always asked me about my shoulder condition. Each visit they added new exercises and constantly monitored my progress. My range of motion returned to normal, and my strength in my arm is just about back to normal. With continued exercise, I will be back to 100% again. My surgeon complimented the physical therapy group because they returned me to great condition in only three months! I want to say a personal "THANK YOU" to everyone who helped me through the physical therapy process. Your time and effort is greatly appreciated!!"
Barry A. 5-2-2019



"I highly recommend IMG if you need rehab. It was a pleasure to come to therapy at IMG every day. Everyone there was friendly, professional and very competent at their art. You won't be disappointed."

Jane W. 4-26-2019

"Before physical therapy I couldn't even bend my knee, but now I am able to complete daily activities. I can play soccer again with minimal pain. I have had a great experience here and everyone was super helpful. All members are supportive and kind as well."

Madison H. 4-25-2019

"Physical therapy was started to improve my balance and to lessen my fear of falling. I have had ten weeks of therapy with Chris, Eric and Andrea. My stability is better, climbing stairs is easier and walking distances is better. The friendly atmosphere along with the congeniality of the staff make the time spent here a pleasure. I will recommend IMG to anyone needing therapy."

Joanne S. 5-3-2019

Student Profile:

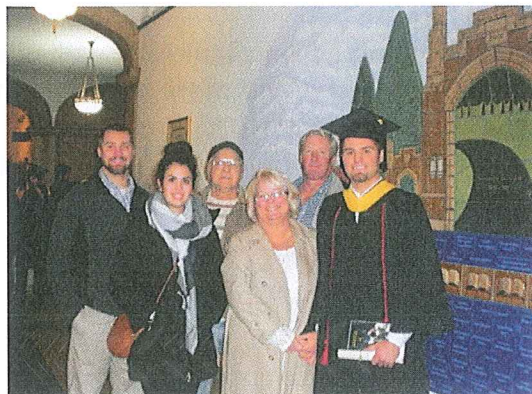
Mitchell Haney

Hey everyone! My name is Mitch and I was born and raised in Minersville, which is up in Schuylkill County next to Pottsville. After high school, I continued my education at Misericordia University, where I graduated with a bachelor's degree in Biology in December of 2017. I am currently in my second year of graduate school pursuing a Doctorate in Physical Therapy and will graduate in December of 2020.

My first experience with the field of physical therapy came back in 2012, when I tore my ACL playing centerfield in a baseball game. I quickly grew to like the environment that a PT office offered as it was relaxed, and everyone seemed to be having a good time with each other. All of my life, I wanted to join the medical field in some fashion, and physical therapy seemed like the perfect fit where I can help people while having fun and getting to know patients. I have really enjoyed my time here at IMG-PT thus far and am excited for the rest of the summer and for my future!

Outside of school and physical therapy, I love sports. I am a die-hard Philadelphia Eagles and Duke Basketball fan. I also love all of the other Philadelphia sports teams. I also like to watch TV, with my favorite shows being The Office, Game of Thrones, and Breaking Bad.

I'm very excited to be part of the IMG-PT team for the summer of 2019 and am sure I will learn a great deal from Chris, Eric, Andrea and the rest of staff!

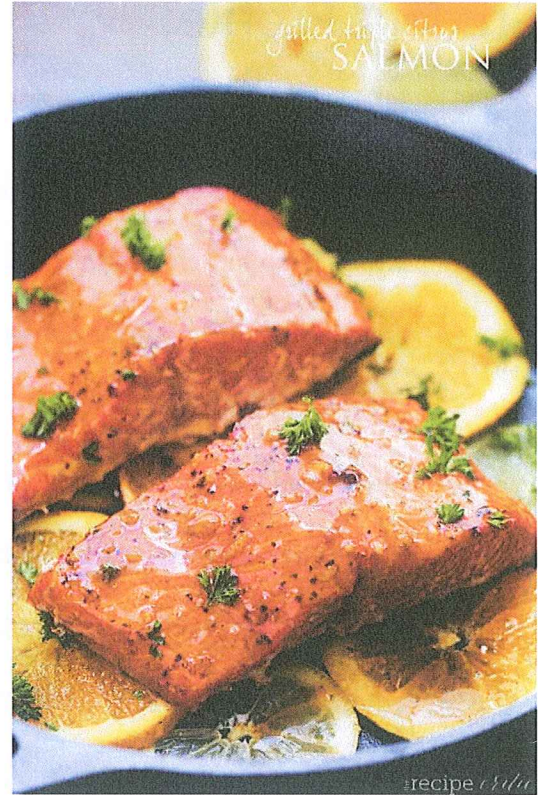


GRILLED TRIPLE CITRUS SALMON

Prep time 10 mins **Cook time** 12 mins **Total time** 22 mins

A five star salmon recipe that gets infused with a lemon, lime and orange marinade. It grills to tender and flaky perfection and has the best sweet and tangy flavor!

Serves: 4



Ingredients

- 4 (6 oz) pieces of salmon
- ½ cup orange juice
- ¼ cup lemon juice
- ¼ cup lime juice
- ¼ cup orange marmalade
- 2 garlic cloves, minced
- 3 Tablespoons Soy Sauce
- ¼ cup brown sugar
- 1 Tablespoon Cornstarch
- 1 Tablespoon Water

Instructions

1. In a medium saucepan whisk together orange juice, lemon juice, lime juice, orange marmalade, garlic, soy sauce and brown sugar.
2. In a small bowl, whisk together cornstarch and water. Slowly stir into the marinade and bring to a boil over medium high heat until the mixture starts to thicken. Remove from heat.
3. Lay salmon skin side down on cedar planks (or well oiled grill) and season with salt and pepper. Brush half of the marinade onto the tops of the salmon and grill over medium high heat for 12-15 minutes.
4. Transfer the salmon to plates and brush with reserved marinade on top.
Enjoy!