

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Andrea Miller

Things are changing...

First of all, "HELLO!" and I hope that all of you reading this are staying safe and healthy! The IMG-PT crew and I think about you often and hope that each and every one of you are doing well! Secondly, I wanted to say how great it is to be back in the clinic! I'm not going to lie, the first few days out of the clinic I had the mindset of "this isn't so bad...there is SO much to get done around the house AND I can sleep in"...Fast forward 6 weeks, and the mindset became "when on Earth can I get out of this house? When can I see my friends and family? What is it going to be like going back to work? Will I even have a job to come back to!?". Talk about stress, and I know many of you also had to unfortunately deal with it as well. This stress not only takes a physical toll, but a mental impact as well. That is why I wanted to dedicate this newsletter to physical and mental health and give some tips/advice on how to stay all-around healthy while being cooped up at home!

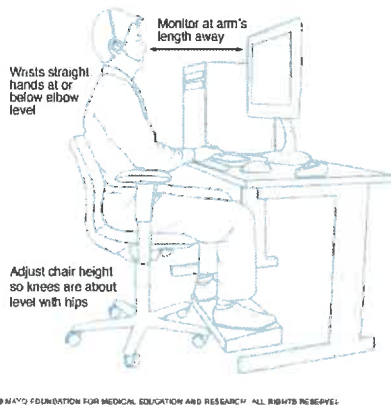
How about we tackle physical health first. Let's face it, with non-essential businesses being shut down and being advised to stay "socially distanced", many of us have found ourselves being much less active and spending way more time inside and on the couch than we would like to admit. It's easy to get stuck in a realm of inactivity, but the less you move, the more at risk you are for developing the following: obesity, high blood pressure, type 2 diabetes, anxiety/depression, certain types of cancers, and for the elderly, increased risk of falls. These don't sound too fun, do they?

Here are some easy ways to stay active, even while at home (the WHO (World Health Organization) and I recommend):

1. Try online exercise classes
2. Dance to your favorite songs
3. Play ACTIVE video games
4. Try jumping rope
5. Muscle strength/balance training (yes, bring out those old HEP's 😊)
6. Walk up and down the stairs (if you can SAFELY)
7. Get up and stretch, do jumping jacks, or heel/toe raises during commercial breaks
8. Set a timer for every 30 minutes as a reminder to get up and MOVE! Take a lap around the house or do some stretching
9. Complete housework as able (vacuuming, mopping, dusting, laundry, and even cooking are all great physical activities)
10. Find a local park or trail to walk- use social distancing rules
11. Call your friendly local IMG-PT or check out our website for some great exercises at <https://www.imgpt.com/home-exercise-programs>



I also wanted to include some helpful hints for those who are finding themselves working from home, including good posture while sitting at a computer desk. The Mayo Clinic speaks about proper setup:



Chair

Choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Adjust armrests so your arms gently rest on them with your shoulders relaxed.

Key objects

Keep key objects — such as your telephone, stapler or printed materials — close to your body to minimize reaching. Stand up to reach anything that can't be comfortably reached while sitting.

Keyboard and mouse

Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows. Use keyboard shortcuts to reduce extended mouse use. If possible, adjust the sensitivity of the mouse so you can use a light touch to operate it. Alternate the hand you use to operate the mouse by moving the mouse to the other side of your keyboard.

Telephone

If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset rather than cradling the phone between your head and neck.

Footrest

If your chair is too high for you to rest your feet flat on the floor — or the height of your desk requires you to raise the height of your chair — use a footrest. If a footrest is not available, try using a small stool or a stack of sturdy books instead.

Desk

Under the desk, make sure there's clearance for your knees, thighs and feet. If the desk is too low and can't be adjusted, place sturdy boards or blocks under the desk legs. If the desk is too high and can't be adjusted, raise your chair. Use a footrest to support your feet as needed. If your desk has a hard edge, pad the edge or use a wrist rest. Don't store items under your desk.

Monitor

Place the monitor directly in front of you, about an arm's length away. The top of the screen should be at or slightly below eye level. The monitor should be directly behind your keyboard. If you wear bifocals, lower the monitor an additional 1 to 2 inches for more comfortable viewing. Place your monitor so that the brightest light source is to the side.

Now, let's touch on mental health. As I talked about before, with there being so much change in the past few months, mental health issues have been on the rise. Here are some great tips that are recommended by the WHO:

- **Keep informed.** Listen to advice and recommendations from your national and local authorities. Follow trusted news channels, such as local and national TV and radio, and keep up-to-date with the latest news from @WHO on social media.
- **Have a routine.** Keep up with daily routines as far as possible, or make new ones.
 - Get up and go to bed at similar times every day.
 - Keep up with personal hygiene.
 - Eat healthy meals at regular times.
 - Exercise regularly.
 - Allocate time for working and time for resting.
 - Make time for doing things you enjoy.
- **Minimize news feeds.** Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
- **Social contact is important.** If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
- **Alcohol and drug use.** Limit the amount of alcohol you drink or don't drink alcohol at all. Don't start drinking alcohol if you have not drunk alcohol before. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.

There is no evidence of any protective effect of drinking alcohol for viral or other infections. In fact, the opposite is true as the harmful use of alcohol is associated with increased risk of infections and worse treatment outcomes.

And be aware that alcohol and drug use may prevent you from taking sufficient precautions to protect yourself against infection, such as compliance with hand hygiene.
- **Screen time.** Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities.
- **Video games.** While video games can be a way to relax, it can be tempting to spend much more time on them than usual when at home for long periods. Be sure to keep the right balance with off-line activities in your daily routine.
- **Social media.** Use your social media accounts to promote positive and hopeful stories. Correct misinformation wherever you see it.
- **Help others.** If you are able to, offer support to people in your community who may need it, such as helping them with food shopping.
- **Support health workers.** Take opportunities online or through your community to thank your country's health-care workers and all those working to respond to COVID-19.

Don't discriminate

Fear is a normal reaction in situations of uncertainty. But sometimes fear is expressed in ways which are hurtful to other people. Remember:

- Be kind. Don't discriminate against people because of your fears of the spread of COVID-19.
- Don't discriminate against people who you think may have coronavirus.
- Don't discriminate against health workers. Health workers deserve our respect and gratitude.
- COVID-19 has affected people from many countries. Don't attribute it to any specific group.

I'm sorry this is such a long entry in the newsletter, but the fact of the matter is that physical and mental health during a pandemic is not a simple topic. I truly hope you found some of these tips helpful and assist you in staying healthy! As always, if you, a friend, or loved one could benefit from physical therapy, please do not hesitate to call our office at (610)-944-8140, email us at IMGPT@imgpc.com, or even message us through our Facebook page!

Have a safe and healthy 4th! 😊



IMG-PT STUDENT PROFILE:

Nick Pohland

My name is Nicholas (Nick) Pohland and I am a third-year DPT student from Temple University. Originally I am from Philadelphia, but was raised and have lived most of my life in Schwenksville, PA.

Before being accepted into Temple's DPT program I worked 4 years as a physical therapy aide in both an outpatient and inpatient setting. In these experiences I was opened to the wide possibilities of healing and recovery that physical therapy can provide. Working as an aide and gaining this experience helped solidify my decision to pursue becoming a physical therapist.

In my pursuit to becoming a physical therapist, I also invested time in obtaining my Certified Personal Trainer (CPT) through the National Academy of Sports Medicine (NASM). I have been working as a personal trainer in different gym settings and mostly taught group fitness classes. I currently host online Zoom workouts on Saturday mornings as part of a personal mission to encourage people to invest time and energy into their own health and wellness during the current COVID-19 pandemic. The style of workouts I like to build are H.I.I.T (High Intensity Interval Training) using body-weight and challenging full body with complex movements.

I personally am a lover of my family/friends, physical activity, music and sports. You can catch me listening to anything from Rock & Roll, Grunge, Hip Hop, R&B, Country, Disco, Classical etc. I tend to say that I respect the skill and physical demand that all sports require, but I am an avid futbol (soccer), MMA (Mixed Martial Arts), jiu jitsu, and basketball fan. Liverpool FC and FC Bayern Munich are my two favorite soccer teams, and because of my German heritage, I love the German international soccer team.

My immediate family has provided me with unwavering support and I am forever grateful for them being my foundation. I have experienced my fair share of loss in my life, but have always been so fortunate to have the love and support of my family and friends. That support system has set an example for me of what it means to give to those who need healing. My family and friends are my drive to become a physical therapist and having the professional responsibility to help those who are in need.





Congratulations Bob on your graduation!! It was a pleasure working with you for your shoulder issues. Check out Bob's video on our FB page for a shoulder exercise.



Follow us 😊



We have resumed our workshops. Watch for more information in your email and on our FB page. Seating will be limited and arranged 6' apart per CDC guidelines.