

PT HAPPENINGS



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From the Desk of Andrea

Hello to all of our faithful readers! I hope this letter finds you all doing well and staying cool in this beautiful summer heat! I feel like in PA we are never quite happy with the weather...if it's too cold we just can't wait for the heat, but then when it's too hot we can't wait for it to cool down. I also find that many of us say "I can't believe it's X,Y, or Z month already!" Well, I truly cannot believe that it's already July! The last I wrote was in April and the topic was on the Gettysburg Half Marathon that occurred on April 25, 2021.

I am thrilled to report that Jordan, Erin, Justice (Erin's husband), and Andrew (my husband), all finished the race! It was Jordan, Justice, and Andrew's first half marathon-that's 13.1 miles. The weather was a bit chilly but seemed to work well for the runners and luckily the rain held out. I am so proud of these four for doing such an amazing job! They all trained incredibly hard and it paid off! And even though Jordan and Andrew said after the race that they would NEVER do another one, about a week or so later they actually talked about possibly signing up for another one this fall, especially since Andrew said he would run at least one race with me in my lifetime!

Unfortunately that did not happen for us at Gettysburg. I was supposed to join these guys but I injured my knee about $\frac{3}{4}$ of a way through my training, despite following the training program. I wanted so badly to just push through and run anyway but I told myself that I needed to practice what I preach with my patients- that I needed to listen to my body and rehab properly so that I do not cause permanent damage. I am happy to report that with rest, rehab, and with use of the cold LASER that I have been able to build up my running tolerance again! See, patience pays off! Even though it's insanely difficult!

What else is extremely difficult lately is saying "good bye". In the last few weeks we have had to say "see ya later" to three wonderful students- Megan, Mitchell, and Lauren. These three were truly such a pleasure to have in the clinic and felt like family. They blended beautifully into IMG-PT and had the best combination of smarts, humor, and empathy for all patients. I especially loved that Lauren dished it out constantly too. The most difficult "goodbye" has just occurred..Jordan's last day was on Friday, June 25. I won't say too much because I know she hates that kind of attention but too bad! Haha I can still remember Jordan's interview over two years ago. I had been in her shoes about a decade ago and knew how intimidating it could be. I could tell she was nervous but she nailed the interview and I can remember afterwards we all agreed that she would be a great fit at IMG-PT. That is an understatement. Jordan has been such an important member of the IMG-PT family for the past 2 years and words cannot express how much she will be missed. We will miss her humor ("first, find a sturdy object"), her love of adventure, but most importantly, her passion for making a bond with patients and making their day so much better. She is going to make an amazing physical therapist and we wish her nothing but the best as she starts her new adventure at Alvernia this fall. We are so proud of you!





Good Luck Jordan....we will miss you!!

GERMAN POTATO SALAD

Ingredients

8 oz. thick-cut bacon, chopped
 2 lb. golden potatoes, cut into 1/2"-thick slices
 2 sprigs rosemary
 2 tbsp. beer or water
 1/2 medium onion, chopped
 2 cloves garlic, thinly sliced
 1 tsp. caraway seeds
 1 small bunch green onions, thinly sliced
 1/3 c. malt vinegar
 2 tbsp. grainy mustard
 2 tbsp. finely chopped fresh parsley
 1 1/2 tbsp. sugar



Directions

Heat grill on medium. In 12-inch skillet, cook bacon on medium 8 minutes or until golden brown and crisp, stirring frequently. With slotted spoon, transfer bacon to paper-towel-lined plate; set aside. Reserve fat in skillet.

Tear 2 large sheets heavy-duty foil. Spread potatoes on 1 sheet and sprinkle with 1/4 teaspoon salt. Top with rosemary and drizzle with beer and 3 tablespoons bacon fat. Place other sheet of foil on top. Fold edges of foil and crimp together tightly to seal. Grill, covered, 20 to 25 minutes or until potatoes are tender.

While potatoes cook, discard all but 2 tablespoons bacon fat from skillet. Heat skillet on medium. Add onion; cook 4 to 5 minutes or until golden brown, stirring occasionally. Add garlic and caraway seeds; cook 30 seconds, stirring. Transfer contents of skillet to large bowl; let cool slightly.

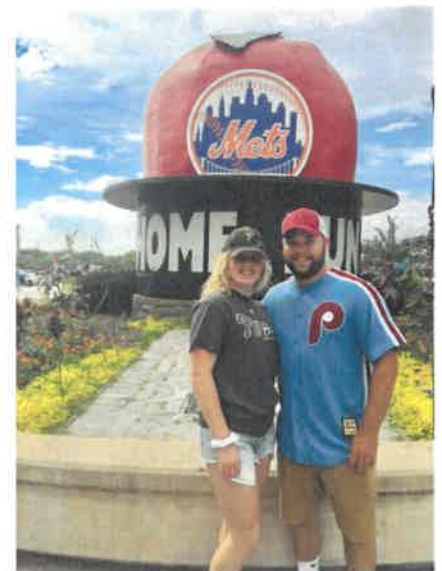
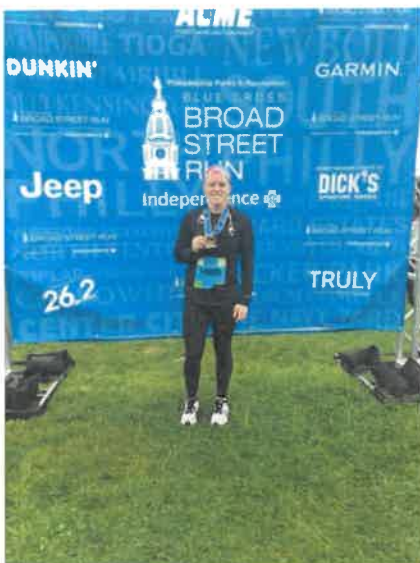
To bowl with sautéed onion, add green onions, vinegar, mustard, parsley, sugar, 3/4 teaspoon salt and 1/2 teaspoon pepper; whisk until combined. Discard rosemary; add potatoes to bowl along with bacon. Stir until well coated. Serve salad warm alongside pork chops.

Meet Mabry

Hello! My name is Mabry Brintzenhoff. I grew up in Boyertown, PA and am currently a physical therapy student at University of the Sciences in Philadelphia. I just began my third clinical rotation at IMG and will be here until the middle of August. In the fall, I will be starting my final year of the DPT program to graduate in May of 2022. I received a bachelor's degree in Health Sciences at University of the Sciences last year. I am also a Certified Personal Trainer through the National Academy of Sports Medicine and want to get my CSCS certification too.

Besides school and work, I like spending time with my family, boyfriend, and our dog. I enjoy traveling and country concerts. As a true Philly fan, I love going to Philadelphia sporting events especially during baseball season. Growing up I was involved in several sports, but prioritized playing softball. After I stopped playing softball my freshman year of college, I began weightlifting with a focus on power lifting. I am always willing to try anything and even ran in the 10-mile Broad Street Run in Philly. I enjoy a number of other outdoor activities like kayaking, biking, and skiing.

Out of high school I was not sure if PT was the career path I was going to stick with as I originally wanted to enlist in the military. But, after 5 years of school and 2 full clinical rotations, I absolutely love that PT is the path I took and wouldn't change anything. I love getting to know the patients and being able to help them reach their goals by using what I've learned in school and my own background in exercise and sports. I am looking forward to finishing school and hope to one day work with people who are active duty in the military or are veterans. I am excited for my time here over the next few weeks to learn from Chris, Eric, and Andrea and everyone else here at IMG!!





"First time at physical therapy. Wasn't sure what to expect but experience was great. Although I had a variety of employees & interns the treatment was very consistent. Experienced improvement in pain and increased range of motion from first session on. Routine pain was eliminated and no longer have any pain sleeping! Very happy with results." James G. 4-21-2021



"I am very pleased with what IMG-Physical Therapy has done for my completely torn rotator cuff. I feel like I have gotten 80% of my range of motion back and am well on my way with strengthening without surgery. Great staff and fun environment." Jodi M 5-10-2021



"From day 1 the staff made me feel very comfortable, even though I was in a great deal of pain. They helped me work through a potential issue, that we were able to avoid. Thanks to Andrea, Mitchell and Erin I was back to my normal therapy and no more surgeries or procedures. For that I am eternally grateful. Love all of you guys!!"

Pam M. 5-19-2021



"Before Mitch started working on my knee it was stiff, hard to bend and I thought it would never be healed again. Then Mitch started working on my knee and he knew exactly how much pressure to put on it & how to move it to make the miracle of riding the bike and now it is almost perfect and it bends without pain. Thank you Mitch! You are a great Physical Therapist! Norma M. 6-11-2021