

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Eric Parrish

Summer Solstice

Hello to all! I hope your spring is going well and you are getting to take advantage of these longer days. I personally am looking forward to a little more warmth along with the longer days. Usually I like the weather a little cooler, but now that I am the owner of a house with a swimming pool, I find myself looking forward to the heat of summer. The longer days will also give me more time to take care of the pool which I am finding out is a lot like owning a boat. A lot of fun, but also a lot of time and money to maintain. I know my two girls will really enjoy it, and can't wait for them to be able to have fun in their new pool.

Speaking of the longer days, that is the topic I want to discuss in this news letter. Specifically some fun facts about the summer solstice.

1. This year the summer solstice falls on June 21st. The summer solstice always occurs between June 20th and 22nd, because the calendar doesn't exactly reflect the earth's rotation, the precise time shifts slightly each year. Unlike groundhog day, which is apparently the same day every year. This year, the sun will reach its greatest height in the sky for the Northern Hemisphere on June 21st at 12:38pm
2. The name comes from the fact that the sun appears to stand still. The term "solstice" is derived from the Latin words sol (sun) and sister (to stand still), because the sun's relative position in the sky at noon does not appear to change much during the solstice and its surrounding days.

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3. The world's biggest bonfire was part of a solstice celebration. Celebrations have been held in conjunction with the solstice in cultures around the world for hundreds of years. Among these is *Sankthans*, or "Midsummer," which is celebrated on June 24th in Scandinavian countries. In 2010, the people of Alesund, Norway, set a world record for the tallest bonfire with their 132.71 foot celebratory bonfire.
4. The hot weather follows the sun by a few weeks. You may wonder why, if the solstice is the longest day of the year, and thus gets the most sunlight, the temperature doesn't reach its annual peak until a month or two later. It's because water which makes up most of the Earth's surface, has a high specific heat, meaning it takes a while to both heat up and cool down. Because of this, the Earth's temperature takes about six weeks to catch up to the sun.
5. In Alaska, the solstice is celebrated with a midnight baseball game. Each year on the summer solstice, the Alaska Goldpanners of Fairbanks celebrate their status as the most northerly baseball team on the planet with a game that starts at 10:30pm and stretches well into the following morning, without the need of artificial light, known as the Midnight Sun Game. The tradition originated in 1906 and was taken over by the Goldpanners in their first year of existence, 1960.



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6. The earth is actually the farthest from the sun during the solstice. You might think that because the solstice occurs in the summer that it means the Earth is closest to the sun in its elliptical revolution. However, the Earth is actually closest to the sun when the Northern Hemisphere experiences winter and is farthest away during the summer solstice. The warmth of summer comes exclusively from the tilt of the Earth's axis, and not from how close it is to the sun at any given time.
7. Finally I have to include this fact because it deals with the railroad, if only a little bit. An alternative calendar had an extra month named after the solstice. In 1902, a British railway system employee named Moses B. Cotsworth attempted to institute a new calendar system that would standardize the months into even four week segments. To do so, he needed to add an extra month to the year. The additional month was inserted between June and July and named Sol because the summer solstice would always fall during this time. Despite Cotsworth's traveling campaign to promote his new calendar, it failed to catch on.

As the days get longer it means more time for outdoor activities and busy summer plans, if you are building a bonfire to celebrate the summer solstice or just want to go for a walk on a beautiful summer evening, don't let pain, weakness, or limited endurance keep you from getting the most out of these long days. Give us a call at IMG-PT, we can help you feel better and get back to enjoying all the fun activities the start of summer has to offer. For the summer we are offering free telephone consults as well as in office consultations to see if physical therapy may benefit you. From the IMG-PT staff, have a great start of summer, and enjoy the summer solstice this month.

Facts were taken from Mentalfloss.com website.



Happenings at IMG-PT

We said Goodbye to Rob, (also known as Broccoli) May 12th. He also graduated from Scranton University, May 27. We would love to show you his graduation picture but we need to receive one first. This is also a request for all other students who have graduated to email us a picture in your cap and gown to be placed on our bulletin board.

We said Hello to several students:

Jack Strouse from Temple University. He will be with us till August 4.

Courtney Murray from Alvernia University. She will be with us till June 23.

Garrett Drumheller from Misericordia. He will be with us till July 28.

Cheyenne Zelonis from Shippensburg University. She will be with us till August 11.

Lauren, who is attending Widner University, will be leaving us June 23.



Katie Rathman and Kaitlin McCaffrey recently graduated from Thomas Jefferson University.

They both passed their boards. Kaitlin will be working in an outpatient setting in Tacoma, WA. Katie will be working in a skilled nursing setting in Cornwall, PA.



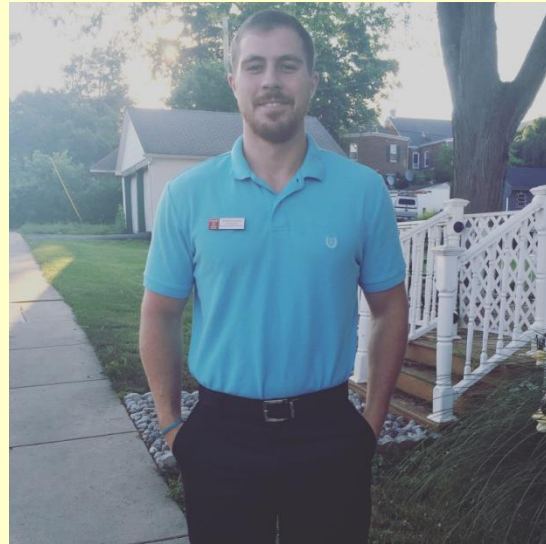
Anna Vo graduated from USciences May 24th

My plans now will be to embark on a mission trip to Cambodia and Vietnam for two months teaching children English, building houses in the poor villages and learn the different cultures. I intend to take my boards in October (since I will be gone) and go from there.

I am currently a certified brain injury specialist and will continue to peruse my career working with the neurological population.

Student Profile: Jack Strouse

Hello future friends, my name is Jack Strouse and I am one of the new student physical therapists here at IMG-PT. I live in a small town called East Greenville, PA, which is about 20 miles from Fleetwood. I did my undergraduate studies at Shippensburg University where I obtained my Bachelors Degree in Biology and I am currently studying to acquire my



Doctorate of Physical Therapy from Temple University. This is my second clinical rotation and I will be here at IMG-PT until the first week of August. I enjoy playing basketball, weight lifting and golf in my free time, as well as relaxing by the pool or watching sports like football, basketball and baseball. I am a huge LeBron James fan, so if you are a fan of him as well, then I think we will get along just splendidly. For those of you that are not a fan of LeBron, I will be completely willing to attempt to convince you, most likely on more than one occasion. As for my favorite teams, I like the Yankees, Cavaliers, Sixers and the Saints. I am also really into music, but mostly the genres of rap, R&B and country. I also love to talk, which those I work with will figure out soon enough.

As for my physical therapy interests, I have always enjoyed learning and practicing outpatient orthopedics. I find joy in being able to help people relieve their pain and gain back abilities that they have previously lost all while having a fun time doing it. I have not had any experience with inpatient rehab, but I do have my third clinical rotation at St. Luke's Hospital in Bethlehem, so I guess I will have to wait and see how I like that.

I cannot wait to meet all of you over the next several months while working here at IMG-PT. They say that people like to come to this clinic because spending time around the crazy therapists and students here makes them feel more normal. I can wholeheartedly say I cannot wait to help contribute to that notion.



Student Profile: Garrett Drumheller

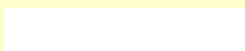


Hey! My name is Garrett Drumheller and I am a physical therapist student at Misericordia University. I am currently in my second year of physical therapy school there. I previously graduated from Misericordia with a bachelor's degree in business management with a healthcare specialty.

I was born and raised in Pottstown, Pennsylvania, graduating from Owen J. Roberts High School. Some hobbies I enjoy are the following: soccer, weightlifting, paintball, and wake boarding. I played soccer my whole life, playing both in high school and college. When I stopped playing I began coaching, helping with the men's team at Misericordia, Owen J. Roberts High School boys soccer team and local club teams.

My interest in physical therapy grew from the numerous sports injuries I had when I was younger. I always relied on the physical therapists to get me back on the field playing as soon as possible and I hope to return the favor someday. I have an interest in a lot of different physical therapy settings but I believe I outpatient ortho is what I enjoy the most.

I'm excited to get to know you and work with you all in the ten weeks I am here at IMGPT. I look forward to helping you reach your goals,
Garrett Drumheller, SPT



Fresh Corn Cakes with Summer Salsa

from myrecipes



Serves: 4

Ingredients

- 3/4 cup white whole-wheat flour
- 1/2 cup plain yellow cornmeal
- 2 tsp baking powder
- 3/4 tsp kosher salt, divided
- 1/2 tsp black pepper, divided
- 1 cup light sour cream
- 2 large eggs
- 2 T olive oil
- 1 1/4 cups fresh corn kernels (about 2 ears)
- 2 T minced jalapeno
- 1/2 cup diced yellow squash
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh basil
- 1 1/2 tsp white wine vinegar
- 1 medium tomato, chopped

Instructions

1. Weigh or lightly spoon flour into a dry measuring cup. Combine flour, cornmeal, baking powder, 1/2 tsp salt, and 1/4 tsp pepper in a large bowl.
2. Combine sour cream, eggs, and 1 T oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeno to flour mixture; stir just until combined.
3. Heat a large nonstick griddle over medium-high heat.
4. Divide corn mixture into 8 equal portions (about 1/3 cup each); shape into patties. Add patties to griddle; cook 6 minutes of each side.
5. Combine squash, green onions, basil, vinegar, tomato, remaining 1 T oil, remaining 1/4 tsp salt, and remaining 1/4 tsp pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

