

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Eric Parrish

Weeds Be Gone.....

Hello to All,

I hope that everyone has been surviving a lot of the wet weather this May. I know my grass has been growing like crazy, but because the ground has been so wet it has been difficult to mow. I saw a picture of a man on a lawn tractor riding through what appeared to be a flood area with the caption below him saying, "Just Gotta Mow"!

I know my girls are looking forward to the warm weather of summer and going swimming. My oldest daughter is also starting to ride her bike, she is growing up so fast! She is now able to ride the bike on her own if I help her get on the bike and get her going as well as helping her stop the bike and get off of it. What this means is a lot of running for me, which is probably good, except she is getting good enough now it is almost like a full sprint. I can't wait till she gets better at stopping her bike and getting on and off the bike safely. I am sure by the end of summer she will be doing all of it and I will be in much better shape for chasing her around the neighborhood.

I know that the grass is not the only thing that has been growing like crazy this spring. I think this spring and summer is going to be a battle with the weeds. My wife and I have been out battling them almost every weekend as we have a lot of flower beds around our property. This weekend as I was pulling what felt like my 1000th weed, it got me thinking about the latest low back pain and sciatica work shop we had at the office. One of the topics covered was one of the biggest mistakes people make when trying to handle their low back pain or sciatica. The number one mistake people make is ignoring their back pain. The best analogy I can come up with is letting the weeds grow in your flower beds/garden. It works just like low back pain. You start to see a few weeds and you think that is not too bad I can let it go, maybe it won't get too bad. The same thing with your back, you notice a little pain, but it is probably alright, you can tolerate it. You let the weeds go a little longer, hoping magically the sun will wither them or a friendly ground hog will eat them, but now they are really getting tall and there are much more of them.

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Your back starts to hurt more and more, and yet you put it off hoping the metaphorical magical ground hog will appear and your pain will be magically relieved. Finally, the weeds are almost waist high and everywhere, the local law enforcement is coming to cite you for an indecent yard and you can't ignore the weeds anymore. Now your back is killing you and you can't do the things you normally like to do without excruciating pain - you must get help.

The thing about weeds and back pain is the longer you let them go without treatment the longer it takes to get rid of both of them. So for this month we are offering a **free screen** for low back pain and sciatica. Just call into the office and mention the phrase "weeds be gone" to Denise to get your free screen. Don't make the number one mistake of ignoring your back pain until it is too late call us today and prevent longer recovery periods in the future. We here at IMG-PT. Hope everyone has a great start to the summer!

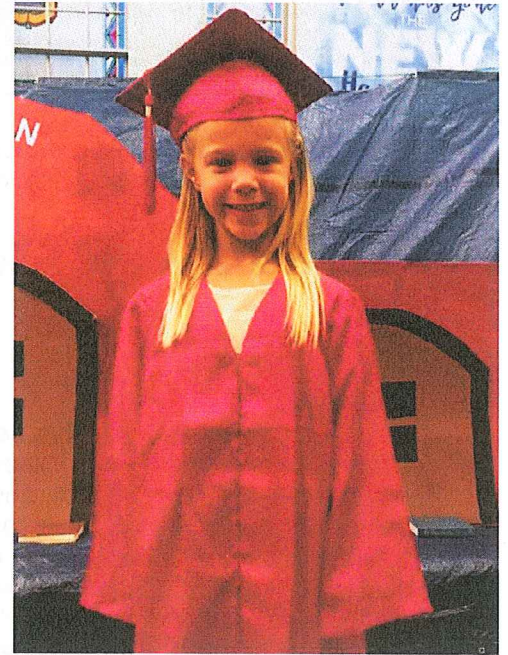




Kendall & Shaylie



Annmarie & Eric on their anniversary vacation



Kendall Preschool/Kindergarten graduation



Kendall on her new bike-run daddy, run!



Happy 4th Birthday Shaylie



The Gordos Family at Mackenzie's 8th grade graduation.

Happenings at IMG-PT

People are changing here at IMG-PT. Morgan will be leaving us the beginning of August and Kaitlyn and Kaylea will be going back to school. We have hired Julia and Meghan who are in the training process and doing great.

We currently have three student interns. Taylor from Temple, Megan from Misericordia (their profiles are in this newsletter) and Victoria from Scranton (her profile will be in next month's newsletter).

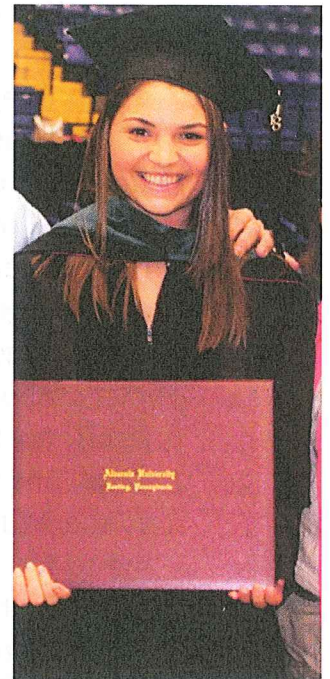
Congratulations to ALL Graduates!!! Below are a few of our many student interns who have graduated. Watch for next month's newsletter for more graduation photos.



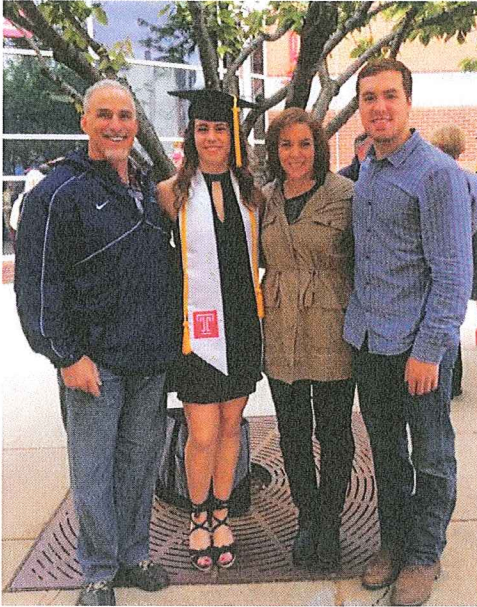
Lauren W. graduated from Widener University. She will soon be taking the boards and seeking employment.



Hannah G. graduated from Jefferson University. She has passed her boards in April and will be working at Excel PT in Phila. starting in August.



Maddie L. graduated from Alvernia University.



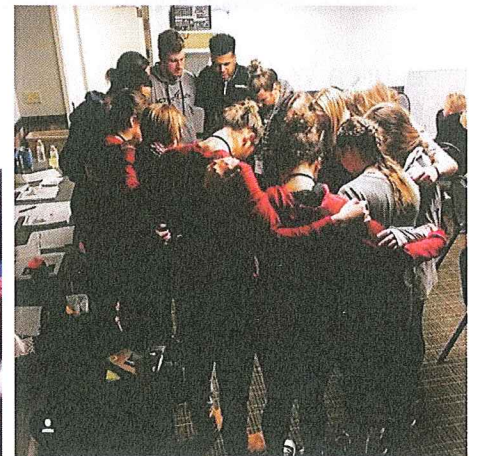
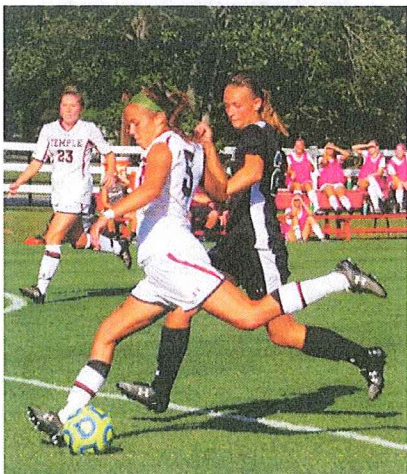
Student Profile: Taylor Matsinger

My name is Taylor Matsinger, and I am currently in my final year of physical therapy school at Temple University. I have been at Temple for quite awhile now, as I completed my undergraduate education there as well. Though I grew up in the suburbs relatively nearby, it wasn't until I went to Temple that I discovered how much I love Philadelphia. After living there for 5 years, that city will always have a special place in my heart.

While I was at Temple, I played on their Division I women's soccer team and helped lead a bible study for student athletes. Though I had to hang up my cleats, I still love to be active and play sports any chance I get. I currently train mixed martial arts, including muay thai and jiu jitsu, which has been a fun and exciting sport that I have just picked up. One of the things I love most about training and competing is how supportive, hard-working and helpful my coaches and training partners are.

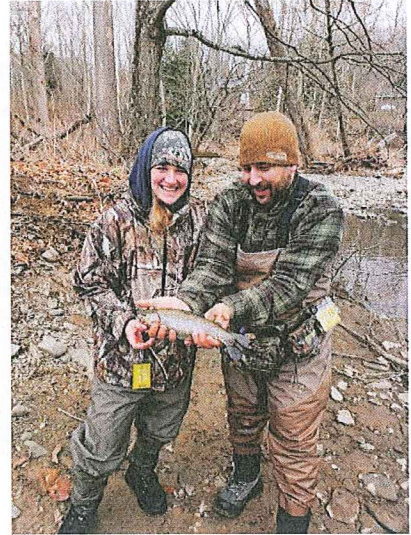
In addition to being active, I have many other interests. I enjoy spending time outside and going to the beach. When I have the time or when inspiration strikes, I like to draw, paint or complete projects that allow me to be creative. I love listening to many different genres of music, and I have been a fan of superheroes since I was young. I love animals, and I especially love my two cats, Chase and Reese.

Above everything, it is my relationships that are most important to me. Jesus, my family, and my friends are who have helped me to become who I am today and who continue to support and guide me as I walk forward in life. I am so thankful for the influence they have had on me and how they have helped me so far in my journey to becoming a physical therapist. I am excited for the opportunity to work with Chris and Eric and the rest of the amazing staff at IMG- PT and to help the people who come to see them!



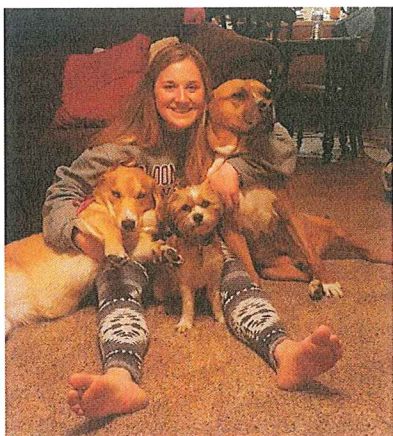
Student Profile: Megan Curry

My name is Megan Curry, although you may hear me referred to as “the Claw” or “Hulk Smash” in the clinic. I am currently a student at Misericordia University working toward earning my doctorate of Physical Therapy. I also received my bachelor degree in Psychology from Misericordia University in 2016. I attended Nativity BVM in Pottsville, PA for high school, where I played volleyball and participated in track and field as well.



In my spare time I enjoy doing almost anything that entails being outside. I enjoy going for hikes with friends, having cookouts, swimming, and going to the beach with my family. While I am at school, I enjoy playing volleyball for a recreational adult league and spending time with my boyfriend, Josh, who I have been with for 4 years now. My latest feat was to learn how to fish. The picture above shows my first catch, which was not as easy as you would think to capture in a photo! When I’m not in school I enjoy lounging or going on adventures with my three dogs Midas, Nola, and Karma. In addition, over the past seven years I have also worked at the Hillside SPCA in

Pottsville, where I have had the opportunity to spend time with a lot of different dogs and help them find their forever homes. I also have a 2 year old godson named Eli, who loves animals about as much as I do and is becoming quite a spunky and adventurous little man.





Grilled Beer Brined Pork Chops

What You'll Need

- For the Brine:
-
- 2 cups/475 mL water
-
- 1 bottle dark beer
-
- 1/4 cup/60 mL kosher salt
-
- 1/4 cup/60 mL brown sugar
-
- 1/4 cup/60 mL molasses
-
- 1 1/2 cups/360 mL ice
-
- For the Chops:
-
- 6 pork chops (bone-in)
-
- 6 cloves garlic (minced)
-
- 2 teaspoons/10 mL black pepper
-
- 2 teaspoons/10 mL mild chili powder

How to Make It

1. Combine all ingredients for brine in a large bowl. Stir well to make sure that the brown sugar, salt, and molasses have dissolved into the liquid ingredients.
2. Place chops in a resealable plastic bag and pour brine over top. Carefully seal bag and place into refrigerator for 3-5 hours.
3. Preheat grill for medium-high heat.
4. Combine garlic, chili powder, and black pepper in a small bowl. Take chops out of bag, pat dry, and rub with garlic mixture.
5. Place pork chops on grill and cook for 10-12 minutes per side or until internal temperature in thickest part of meat reaches 165 degrees F., 75 degrees C.
6. Once cooked, remove from heat and serve with your favorite side dishes.



Happy
Father's
Day