

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522
www.imcpt.com - email: imcpt@imgpc.com - 610-944-8140

June 2020

From the Desk of Chris Gordos

Restarting



Exactly 1 year ago I wrote the newsletter thanking all of you for our 10 year anniversary. Today I am constantly reminded of how it felt to be opening a brand new office and figuring out how to make ends meet. There are so many similarities to June of 2009 and one major difference. I am going to detail some of them here.

The first thing that is similar between today and 2009 is that Denise and I have been here every day since we reopened on May 4th, just like originally. We are still treating the best patients in the world with the newest techniques that involve manual skills. We celebrate each and every single new patient who calls and schedules and pray that the phone keeps ringing. The biggest difference between now and 11 years ago is that we have all of you (I know most of you thought I was going to say the Covid-19 virus!!) Eleven years ago I had never met any of you and we did not have a loyal following. It took us 10 years to go from zero patients a week to over 150 visits. I firmly believe that because of all of you, your friends, and your families that we can go from our current numbers of about 50 visits a week back to 150 in 10% of the time. I plan to be writing you a letter next year telling you about how we are growing so fast that we have to seriously look at remodeling the office, opening a second clinic, and bringing in one of our fabulous past students to help with all of our patients. I cannot wait for the day that I can call all of our fitness patients and tell them it is time to get back to the gym. To be honest, there is no way I can do this on my own. I have the best staff in the whole country, amazing and supportive local educators who keep sending us the top students, and finally the most incredible past patients who do such a great job of recommending us to all of their friends and family. From the bottom of my heart I say thank you for everything in the past and everything that will happen in the future.

Patient Bonus and Thank You..... If you recommend us to a friend, neighbor, family member, enemy, or even if you yourself return to our office for an initial evaluation in the next month and mention the newsletter you will receive 1 free tube of the Stopain topical cream. It is our special way of saying thank you for all you do and helping us to be so successful. This is not a limit of one per customer. If you send more than one, you get a tube for each referral!!! Offer expires July 6th. Looking forward to hearing so many great quarantined stories from all of you in the future. Please stay safe. Please stay healthy. Most importantly, keep doing your exercises!!!! Or I will be seeing you sooner than later.

Say Hello To

Erin



Hello Everyone! My name is Erin Moyer, I am a part-time PTA here at IMG-PT. I've been working as a PTA for over 20 years, in fact one of my first jobs out of College was with Chris. I am from Lancaster County and currently live in Manheim with my husband and our 6 children ranging in age from 17-9 yrs. old. Currently life is a little slower given the circumstances; however, typically we are very busy with all the activities that our children are involved in, evenings and weekends are filled with practices, games and tournaments. In my free time away from work and family responsibilities I enjoy running and participating in Spartan races. I also volunteer as a Sr. High youth leader at our church. Over my 20 yrs. as a PTA I have worked in many different settings; however, I find the outpatient setting the most enjoyable as well as challenging. I enjoy getting to know our patients as well as encouraging and assisting them in meeting their goals. I am privileged to work alongside some amazing staff and therapist here at IMG-PT where I'm able to grow my skills and learn from others. It's rewarding to work for a practice that genuinely cares for their patients, who work together for a common goal and truly feels like family. I look forward to the future with IMG-PT where I can continue to grow as a therapist and look forward to serving you in the future should the need arise.



RETURN TO GARDENING

Now that the weather seems to have finally decided to give us some warm temperatures and a lot of us are still at home, it is time to get our yards and gardens in tip top order. Thirty minutes of yard work provides great health benefits, including increased flexibility, strength, and endurance. So get out there, but follow these tips to help avoid aches and pains caused by gardening.

BEFORE YOU BEGIN...WARM-UP & STRETCH!

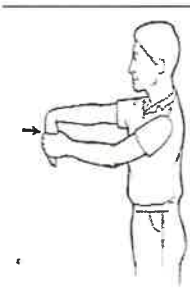
- Warm-up activities may include a 5 minute walk or easy raking to warm-up your muscles.
- Start with gentle stretching of the arms, legs, and back before gardening. Tight musculature may restrict movement and forceful movement may cause a strain to a muscle or sprain to a ligament.
- Hold each stretch for 30 sec. **SEE ATTACHED LIST FOR IDEAS FOR STRETCHING.**
- Strength is important to back care and helps with stabilization of the spine. **SEE ATTACHED LIST FOR ALL STRENGTHENING EXERCISES.**

TIPS FOR SPECIFIC OUTDOOR/GARDENING ACTIVITIES

- **Raking:** Keep your tools close to your body and back straight; use your arms and avoid twisting your trunk; use long-handled tools suited to your height
- **Weeding or planting:** Do not bend from the waist. Squat or kneel on a kneeling pad and use the support handle for assistance when getting up from the ground. Use long-handled tools to avoid stooping or kneeling. Squat or sit when using a trowel.
- **Digging or shoveling:** Insert the head of the shovel vertically into the ground, step on the blade, and lift small amounts at a time. Bend your knees and use your legs, not your back, to lift the load. Do not twist. Use a smaller shovel so you do not lift loads that are too heavy.
- **Lifting or carrying:** Bend your knees (not your back) keep the load close to your body, do not lift items that are too heavy for you to handle. Use a wagon or a wheelbarrow to transport supplies or carry heavy items
- **Pruning or trimming:** Get as close to the tree or bush as possible, use a step-stool or ladder if you are pruning or trimming above shoulder height. Your hand should remain in line with your forearm, grip the tools lightly to avoid injury.



Stretching Exercises



1. Hold _____ wrist as shown
2. Bend the wrist until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



1. Stand grasping _____ elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



1. Place _____ wrist as shown against table top
2. Press downward to bend the wrist until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



1. Stand in doorway with elbows bent and hands placed on door frame as shown
2. Lean your body forward so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



1. Position your body against a wall as shown with _____ foot behind
2. Point toes directly toward wall and hold heel down
3. Lean into wall as shown so that you feel a stretch
4. Hold _____ seconds
5. _____ repetitions, _____ times per day



1. Stand grasping _____ ankle as shown
2. Bend knee further by pulling ankle toward buttocks
3. Do not lean forward or allow the back to arch
4. Hold _____ seconds
5. _____ repetitions, _____ times per day



1. Lie on back holding _____ leg with towel as shown
2. Keep the opposite leg straight on the floor
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



1. Sit with knees bent, feet together as shown
2. Press knees downward toward the floor, by leaning forward and pressing with your elbows as shown
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



Congratulations Victoria!!! Victoria was an intern with us from November 2018 thru January 2019, she attended U. Sciences. She is looking forward to taking and passing her boards and then looking for employment once things are lifted due to the pandemic.



Congratulations Chris!! Chris was an intern at IMG-PT October 2019 thru February 2020, he attended U Sciences of Philadelphia. Chris is looking forward to taking his boards and his future wedding.

"I was experiencing pain in both shoulders, especially when trying to sleep. The pain had reached a point where I needed to address it. Thankfully, I had worked with IMG-PT for back issues and knew I'd be in good hands. The team is thoughtful and thorough in addressing the problem I am leaving today able to sleep without difficulty and with the know-how to keep my shoulders in good shape. Thank you!"

Jan S. 2-27-2020



" ALL the staff were fun, friendly & very knowledgeable. I had major pain & limited mobility in my R shoulder. I attended the free workshop taught by Chris & immediately began my journey with this great group of people. I learned new things while I was here. It never felt like "work", but an enjoyable experience. Thank you all for helping me get back to a pain free life & work. You guys are friends to me in such a short time. I will miss the laughs. Maybe a trip to Hawaii is in order ☺. I recommend IMG to everyone. Thank you ALL again!!" Christie T. 2-20-2020



Follow us 😊



Informational workshops will be starting soon. Watch for more information on our FB page. Seating will be limited and arranged 6' apart per CDC guidelines.