

PT HAPPENINGS



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June 2021

From the Desk of Chris

Coming out of the Pandemic --- Changes are coming:

I hope this newsletter finds you all well and for those who wanted the vaccine that you were able to be vaccinated or well on your way. When I look back on this past year it seems much longer than a year, but at the same time my son just returned home from his first year of college. It went so fast!!! I am always amazed by how time can be such a magician that it can seem so long and short all at the same time (no pun intended). I feel that many of us can see a light at the end of the tunnel, just hoping it is not another oncoming train.

I wanted to give you, our avid readers, an update on what is happening at our office. Starting June 1st we are no longer locking our doors. This means no more phone calls that you are here at the office. Once you come in, everyone will still have their temperature checked and have to sanitize their hands. Because we are classified as a health care facility, all employees and patients still have to wear the masks. I am looking forward to the day that we can stop wearing the masks. We will be asking each patient if they want us to wear gloves while treating you. It will now be an option. Those are the immediate changes that are occurring.

Some other new changes that are occurring include the hiring of 2 new Aides. Jordan is leaving us for her next adventure of PT school the end of June. She was so good that we have to replace her with 2 people. In the next couple of months, you will be introduced to Casey and Laura. I expect that they will continue down the long line of awesome Aides that we have had in the past. We are busier than we have ever been. That is the reason we had to hire 2 aides. One of the reasons we are busier is the LASER. It has been so beneficial, that we are busting at the seams with patients!!!

So...In other big news we are interviewing for another physical therapist. Once we hire this amazing individual we will work to have them trained as quickly as possible. When the new PT, Laura, and Casey are up to speed we will be expanding our hours and opening on Tuesdays for the first time in 12 years. If everything continues to improve, we hope to open the gym program in the Fall. Watch for future updates...as details are finalized we will have more information to share.

Please continue to stay safe. If we can be of help in any way or if you are interested in trying the LASER in the future for any new or old ache and pain, please feel free to reach out to the office. Enjoy the beginning of the Summer and a beginning of the end of these pandemic limitations!!! Hope to see you soon.

Graduation Caps



Ingredients:

- 24 miniature peanut butter cups
- 1 tube (6 ounces) decorating frosting in color of your choice
- 24 After Eight thin mints
- 24 M&M's your choice of color or 24 chocolate chips

Remove paper liners from peanut butter cups; place upside down on waxed paper. Place a small amount of frosting on each peanut butter cup; center a mint on each. Using frosting, make a loop for each cap's tassel. Place M&M on top of each loop.

"National Celebration Days in June"

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| June | |
| 7 | Chocolate Ice Cream Day |
| 8 | Best Friends Day |
| 9 | Strawberry Rhubarb Pie Day |
| 10 | Ice Tea Day |
| 11 | Corn on the Cob Day |
| 12 | Jerky Day |
| 13 | Weed Your Garden Day |
| 14 | Flag Day |
| 15 | Lobster Day |
| 16 | Fresh Veggies Day |
| 17 | Apple Strudel Day |
| 18 | Splurge Day |
| 19 | Martini Day |
| 20 | First Day of Summer |
| 21 | Smoothie Day |
| 22 | Onion Ring Day |
| 23 | Pink Day |
| 24 | Pralines Day |
| 25 | Strawberry Parfait Day |
| 26 | Tropical Cocktail Day |
| 27 | Great American Picnic Day |
| 28 | Tapioca Day |
| 29 | Camera Day |
| 30 | Meteor Watch Day |



Have you seen the Cone Heads? They were here at IMG-PT!! Chris, Erin and Eric lost to Andrea, Jordan and Abby (who is missing in the photo) in their March Madness wager.



Meet Colin

Hello! My name is Colin Stone, and I'm a DPT student at Temple University, beginning my third and final year of the program. I'm more than excited to be spending my first of three full-time clinical experiences here at IMG Physical Therapy for the next twelve weeks. I'm originally from the greater Reading area, but now live in Phoenixville with my wife of four years. I received my Bachelor of Science in Exercise Science from West Chester University in 2017 and I currently work as a sports performance coach for high school and college athletes in Downingtown.



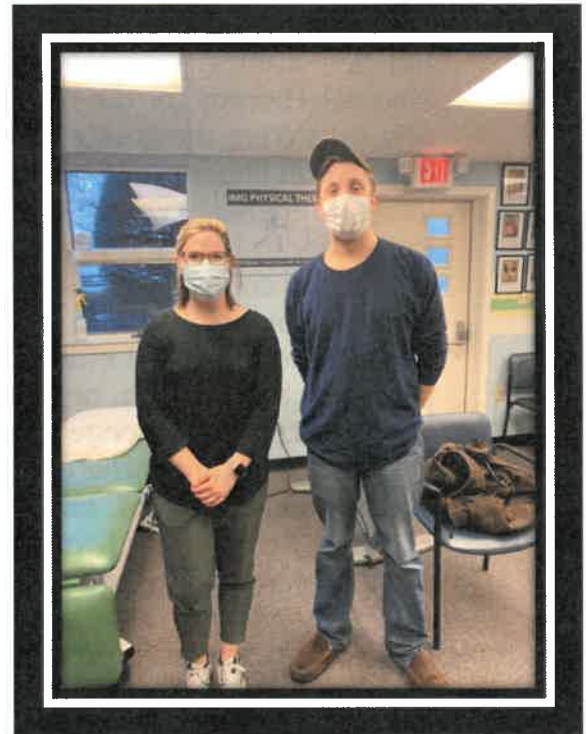
If you want to find me anytime I'm not studying or working, all you must do is look outside. I'll either be backpacking up a mountain, canoeing and portaging across lakes, or biking down some rocky trail. Any outdoor activity that gives me a challenge while providing the opportunity to experience the vastness of nature is the thing for me. My wife and I love to travel across the country and the world, exploring new cuisines and experiencing the different cultures. Some of our favorite adventures together include Paraguay, the Dominican Republic, and Ireland.

My interest in the practice of physical therapy stems from my lifelong love for anything related to sports, exercise, and the power of the human body. I've always wanted to spend my life in an active, hands-on profession that allowed for me to educate, equip, and empower others to live a more independent and fulfilling life. After years of volunteering and working as an aide in several in-patient and out-patient settings, witnessing the immense power of movement in rehabilitation, I knew that the field of physical therapy would allow me to live out my passion and truly love what I do. It's hard for me to say where I plan to practice after I graduate next spring; however, I know that wherever I'm positively impacting someone's life, it's the right place for me. I'm very much looking forward to working alongside the IMG-PT team this summer and meeting all the wonderful and inspiring patients during my time here!





"After a total knee replacement I was in a lot of pain & had minimal mobility. The first few visits were very hard, but with continued work & encouragement from the therapists I am amazed at the mobility & pain free knee. IMG Physical Therapy is the best!! The therapists & assistants are very caring & superb!" Stephanie A. 3-18-2021



"I came in with lower back pain from a motorcycle accident that happened 7 years ago and I always dealt with the pain. Once I started physical therapy I could soon feel progress after a couple of weeks. I wasn't able to put socks or shoes on without pain and after my first couple of visits the pain was subsiding. I now have no pain and I have more mobility in my back then ever before. I can't thank everyone enough!!" Austin P. 3-24-2021

"I came to IMG-PT after visiting another therapy that I didn't think was a fit. Met Chris for review and very happy with choosing IMG-PT. After a total knee replacement in a lot of pain and unable to walk. Week after week IMG-PT worked with me. Slow go in beginning but progressive with each visit. I've seen the light at the end of therapy. Thank you Chris and staff, it has been great. Thank you very, very much." Denise W. 4-7-2021

