

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Chris Gordos

Hope everybody is healthy and happy,

Growing up in Pennsylvania, one of the sayings that always bothered me as a child was, "Do as I say and not as I do." That was a cliché that adults would use to explain their poor behavior and bad choices to the younger generation. As much as I hated it as a youth, I feel it is serving me well currently as a physical therapist talking with my patients. At least it seems like good logic in my head when I am having an internal monologue.

Genetically I am "blessed" with having developed osteochondritis dessicans in my knees at an early age. Essentially what that means is that my cartilage died and left holes in my knees. My orthopedic surgeon told my mother I would have 80 year old knees as a 30 year old. My first surgery was at age 18 and my 5th on my right knee by age 35. My running career was over before I even started college. At least that is what I happily thought. Until my family used a dirty trick and convinced me that I could run in a Star Wars race. A simple 5K you ask? No, that would only make sense. Lets sign up for a 10K (6.2 miles) and have "Old Man River" whose knees sound like popcorn walking up the steps run it with us!! In order to assure that he will say yes we will distract him with a Star Wars Dry Fit shirt and medal. And we will do it in Disney World.

Once the drug induced stupor wore off and I realized the money is non-refundable, I determined it would be a good idea to start training. So where did I go wrong? Instead of building up my core and strength in my legs, I decided I would just start running on some nice trails. I thought if I started small, such as 2-4 miles at once instead of 5-6 miles, I would be great. Amazingly, the same laws that apply to my patients actually do apply to me too?!? If my core and legs are not optimized ahead of time I do develop back and knee pain. Who knew? Eric is not allowed to answer that question. It is called a rhetorical question for a reason.

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The Disney Dark Side 10K is on April 21st. So if you stop by the office prior and see me limping around before hand, you will be forewarned. If you want to see what an ill prepared therapist looks like after running 4 miles longer than he should, come visit the office on Monday the 23rd of April to see my cool medal and my new sweet ride. I will make sure the wheelchair will have the medal strapped to the back of it for all to enjoy.

If this Spring, you are like myself and choose to leave your logic function locked away when trying to believe you are still 18, and your body says hi, feel free to give our office a call. In honor of my stupidity all males and females over the age of 40 who have pain in your back or legs that wasn't there this past Fall, Eric and I are offering a FREE screen and a multi-purpose heat / ice pack to the first 10 who call and schedule your screen. Don't let your ego get in the way of getting back to a healthy lifestyle and a pain free life. See you soon.

PS. Look for the pictures on Facebook and a future Newsletter from my Star Wars run.

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

Mark Twain

Patient Testimonials



Chris S.

"When I started coming to therapy, I drug my left leg with me. I could not walk without discomfort. Today I am walking out without pain or discomfort and with a normal gait. I am able to stoop and pick items up off the floor without getting "stuck".

Thanks to the team of therapists that have me back to normal."

Judy R. 1-25-18



Before I came, I had lots of back pain. My pain is minimal now. I can walk farther than before - 1 mile. I can stand longer. I am not as worried that I will have pain when shopping. Exercises given to me help me stay limber.
Karen B. 2-13-2018



I had a hard time bending my knee before I saw Eric and Chris. I now can walk and my knee feels much better. They helped me with a lot of other exercises I needed to do. They are the best!

Kathryn A. 1-12-2018

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Finding the Best Running Shoes for Your Arch Type and Running Mechanics

Running shoes are designed to support 3 different types of foot Arch Type/ running mechanics. Foot **Arch Type** refers to the arch height which is classified as high, normal, or low. **Foot mechanics** are what happens with the foot during landing and shock absorption. **Pronation** is a normal movement and occurs to absorb the shock of the impact of running. The foot slightly rotates inward as you impact the ground and propel forward.

The 3 most common Arch Types/running mechanics are:

1. **High arch with under-pronation foot mechanics:** This foot type tends to be more rigid, under-pronate, and is not an effective shock absorber. During running, the outside of the heel strikes the ground first but the foot does not roll inward.
2. **Normal arch with normal pronation foot mechanics:** During running, this foot type will roll inward slightly to absorb shock effectively after heel strike. This allows the foot and ankle to properly support the body. The foot pushes off evenly.
3. **Low arch and over-pronation foot mechanics:** During running, this foot type rolls inward excessively after heel strike. The foot and ankle cannot properly stabilize and shock cannot be efficiently absorbed. The arch collapses too much and this may cause overuse injuries.



We recommend getting fitted for your specific Arch Type & Foot mechanics at a store with knowledgeable staff. If you are fitting yourself at home, try the following: wet the bottom of your foot and walk on cement or driveway to compare your footprint to the pictures above and below. You can do the same on a sandy beach. Buying the wrong shoes can increase the chance of injury and pain in your feet, ankles, knees, hips, and / or back.

The 3 running shoe types are:

1. **Neutral Cushioned:** This shoe type is best for high arch type and under-pronation. These shoes have additional midsole cushioning to provide the extra shock absorption which the lack of pronation is not providing. This cushioning also allows more pronation to occur.
2. **Stability:** This shoe type is best for a normal arch type and normal pronation. These shoes have some medial support and midsole cushioning.
3. **Motion Control:** This shoe type is for a low arch type and over- pronation. These shoes contain extra support on the medial side of the foot to slow and limit excessive pronation and usually have wider and flatter outsoles.
4. **Normal arch with normal pronation foot mechanics:** During running, this foot type will roll inward slightly to absorb shock effectively after heel strike. This allows the foot and ankle to properly support the body. The foot pushes off evenly.

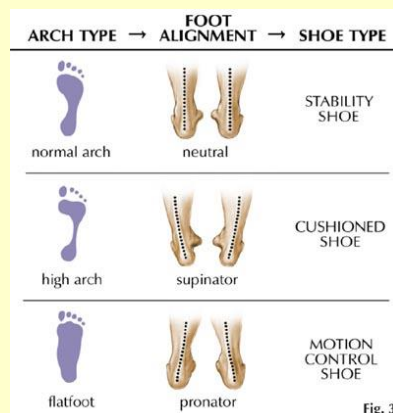


Fig. 3

IMG-PT Student Profile:

Kaylea DeLuca

My name is Kaylea DeLuca and I am a junior at Alvernia University. I am currently a Healthcare Science major and next semester I will be starting the Doctor of Physical Therapy program! I was born in Buffalo, New York (go Bills!) but eight years ago I moved into the Wilson School District in Berks County.

I tend to keep myself very busy (sometimes too busy). As well as being a



physical therapist aid at IMG-PT, I am a waitress at PJ Whelihans and I am a Resident Assistant at Alvernia. Along with working, I am trying to complete 300 hours of community service by the end of my senior year! When I am not studying, working, or at service, you will probably find me at the gym or eating. I absolutely love food, and it's typically unhealthy, so it's a good thing I love lifting weights too!

I am currently in a five-year relationship with my boyfriend Ian (who is in the picture on the left with me). Ian is a big part of my life and he fits perfectly into my family. Ian and I share the same love for food that we typically order the exact same thing when we go out to eat!

My family ultimately fuels my life. The core of my family consists of my two mothers and my four sisters (and our three dogs & three cats!). My favorite memories with my family are when we go on vacation every year to Holden Beach, North Carolina! Even though I am the middle child, I am always trying to be someone for all of my sisters to look up to.

Happenings from IMG-PT



Valentine goodies from our wonderful patients - you are all the best!!

Congratulations to both Morgan and Kaylie (Rapunzel) on their acceptance into DeSales DPT Grad School Program. We wish them all the best on this new chapter in their lives.



MARCH SPECIAL

Are you having back/leg pain and are over the age of 40? We are offering a FREE heat/ice pack to the first 10 who call to schedule their FREE screening.

Call us today to schedule a FREE screening to see what is causing your pain.



(610)944-8140
IMG-PT

Expires 4/15/2018



REFER A FRIEND and GET A GIFT!!

They must come in four or more visits for you to receive either a t-shirt, phone charger, executive tool kit, cooler bag or drawstring bag. If you send a second person who comes in four or more visits then you will receive a \$25 gift card, 3 or more referrals will earn you a

