

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

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March 2019

From the Desk of Chris Gordos

Obstacle is the Way

I am sitting at home in my computer room surrounded by a “ton” of stuff watching the ice fall and being very miserable. We had to close the office early for the safety of our patients and staff, which was absolutely the right thing to do. Closing the office early and having 30+ cancels this week is tough for a business that is trying to grow and is frustrating for the inability of our staff to provide the treatment that all of our patients need. Plus, I am currently surrounded by so much stuff at home because my 1st floor is being remodeled and anything and everything that used to be on the first floor is now on the 2nd floor or in the basement. By the time you read this, the remodeling should be done. It started on 1/14/19 and is scheduled to be completed on 3/1/19.

As I get ready to type up this letter I look over to the pile of books that sits beside my desk and on top is a book written by Ryan Holliday titled, “Obstacle is the Way.” It is one of my 5 must read books for all teenagers - young adults. Call or stop by if you want the other 4 titles for you or a family member. I suddenly realized that it was 3 pm and I was home 6 hours early from work. The past few weeks I have spent more time with my family because we were confined to a small amount of rooms and were forced to interact. The obstacles of a snow day and loss of our major living floor, depending on how you look at it, was a blessing in disguise. I spent more time with my family because of these 2 obstacles. I read another book where it states before you go to sleep to think about your biggest blessing and your biggest inconvenience of the day. I have often found that my biggest inconvenience comes from not putting one’s priorities of family, work, friends, etc in the proper order. Whether it is my children or myself, this is almost without a doubt a daily revelation.

I believe I am not alone in the looking at a situation as an obstacle or inconvenience and missing the lesson that life is trying to help me learn. I had a young student tell me last year that he wishes he had encountered more obstacles in his life. I told him he was crazy. But, maybe he is onto something. Ever meet somebody who has had life just throw them one problem after another, but they seem to be very happy and have their priorities set? How about the person who has everything and then some minor issue occurs and they go ballistic and you go, boy if only I had your “issues”?

INSIDE THIS ISSUE

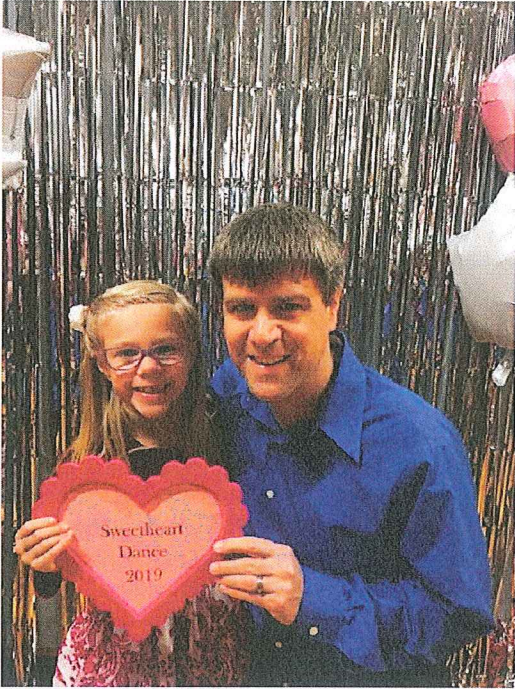
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My point being that sometimes an injury, disability, or limitation is an obstacle that life has purposely put in our path. It allows us to slow down and take stock of what is important. How important is it to be able to walk normally? How about using the bathroom or showering by yourself without help? These are things that we naturally take for granted, but how many people around the world cannot say that they can take a daily shower, walk safely around their block, or have friends and family willing to help them accomplish simple tasks?

As we near a turning of a new season of Spring, the season of rebirth and new life, I ask each one of you to take a moment before you close your eyes at night. Think about what you are most grateful for the current day. Think about what is the worst obstacle you faced today. And if fortunate enough how can you turn that obstacle into something that you will be most thankful for in a future day.

If you have had a chance to visit us lately, you will realize how busy we have become. Thank you from the bottom of my heart. I have only 5 spots for the last 2 weeks of March to offer a free consult for anybody who is facing an obstacle that is going to prevent them from walking, golfing, or gardening in April. If this describes you or a loved one, please call the office at **610-944-8140** and we will find a way to help you overcome your obstacle. Have a great Spring and we looking forward to seeing you soon.

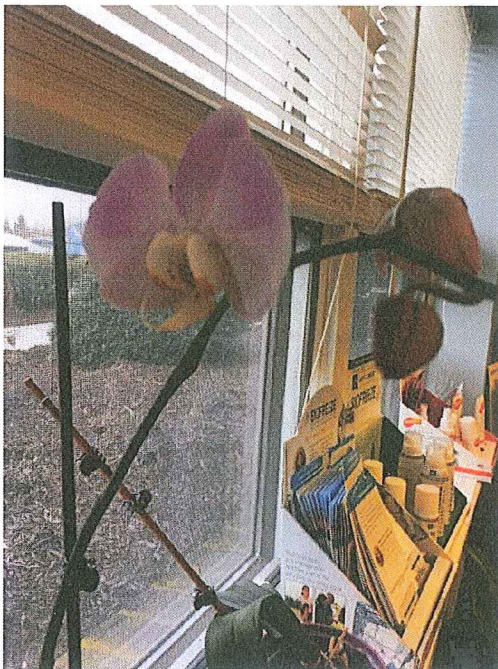
HAPPENINGS AT IMG-PT



Kendal -6- with her Sweetheart.
2-8-2019



Chris and Kristin on the slopes in Vancouver, CA



So it only took like 6 years to bloom again.....



Office lunch with Caroline,
Victoria and Lauren





GRADUATIONS!!



The magic hands of Caroline took me from neck & back pain to great relief. I am able to do so many more chores and activities. Although I will never be 100% or feel like a 20 year old again, I am a more functional 80+ individual.

Thank you IMG-PT! I will continue to exercise at IMG-PT."

Jean W. 1-4-2019

"I couldn't sleep through the night without waking up in pain and taking Advil. Sometimes this would happen 2 or 3 times. Now I don't wake up at all until the alarm goes off. I also don't have pain throughout the day."

Pat G. 2-18-2019



"I can't say enough about IMG and the staff. Everyone is fantastic! Would recommend them to everyone!!!"

Mary D. 1-25-2019

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 \$50 gift card.

THANK YOU!!

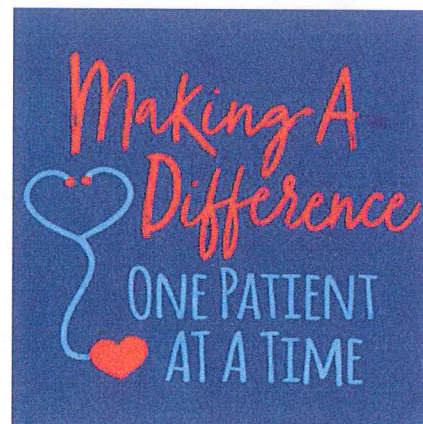
610-944-8140



"Physical therapy has definitely decreased the amount of pain I was experiencing in my lower back. Before PT, my lower back pain was constant, but now, I only get back pain when driving long distances. Also, everyone at IMG was extremely nice and supportive during the course of my treatment."
 Matthew W. 1-31-2019



"When starting therapy I had a lot of pain in my back and leg. When I finished I could touch my toes without pain. Everyone at IMG were professional and worked on my needs."
 Tom G. 1-3-2019





RETURN TO GARDENING



When springtime arrives and our gardens are calling, we must remember that the most important gardening tool we have is our body. The first few mild weekends send many people outdoors to tackle raking, mowing, weeding, and gardening. Inactivity during the winter months can increase the chances of injury. 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!

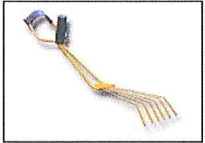
- Warm-up activities may include a 5 minute walk or easy raking to warm-up your muscles.
- Start with gentle stretching of the arms, legs, and back before gardening. Tight musculature may restrict movement and forceful movement may cause a strain to a muscle or sprain to a ligament.
- Hold each stretch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

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.

TOOLS THAT HELP MAKE GARDENING EASIER:

- **Gardening Gloves:** Protect the hands from hazardous chemicals, sharp items, and blisters as well as minimizing the effects of vibration. Should be form-fitting and not restrictive
- **Tools:** Should be lightweight yet sturdy and measured to fit your body height to avoid excess strain on the body.
 - Handles should be cylindrical in shape, should provide equal pressure along the entire arch of the palm, and made of compressed rubber to minimize friction and prevent slipping
 - Longer handles to provide greater leverage from digging into even the hardest soil and minimizes the need to bend over (i.e. long-handled weeder and bulb planters)
- **Kneeling pad/bench:** Foam-padded bench, kneeler, or knee pads that allows gardeners to work from a sitting or kneeling position. Helps remove weight from sore joints while maintaining correct posture.
- **Garden carts:** Cart that holds all your gardening tools to eliminate bending.



OTHER TIPS FOR SUCCESS:

- Muscles fatigue in less than thirty minutes of repetitive activities so rotate each gardening activity with ones that require different muscle groups and body positions
- Drink plenty of water to avoid dehydration while gardening
- Take a break for a few minutes each hour, even if you do not feel fatigued
- Keep hand tools sharp and keep moving parts in good working order and oiled
- Build or buy a potting bench that is high enough to prevent unnecessary bending
- If possible, raise the garden beds if your back or arthritic joint pain is limiting you
- Exercise regularly, something as simple as a daily walk is good
- AVOID:
 - Bending at the waist
 - Twisting and lifting
 - Sitting in a slouched position
 - Holding your breath while lifting
- If twisting cannot be avoided, keep your stomach muscles tight to protect your back
- If you do injure yourself, stop the activity. Apply a cold pack to injured joints and heat to injured muscles, rest, and consult your doctor.
- Be **SMART**- Stretch, Move, Add it up, Reduce strain, Talk to a physical therapist
 - Stretch- as a warm-up, a break, and as a cool-down
 - Move- Keep mobile especially during the winter months
 - Add it up- being active for one hour each day helps to maintain mobility. Plan activities that will get you moving for ten minute periods throughout the day
 - Reduce strain- alternate chores throughout the day and use ergonomic tools
 - Talk to a physical therapist- they are mobility experts who can treat injuries and help you avoid further injury and strain



IMG-PT STUDENT PROFILE:

Seth

Hello to all past, present, and future patients,

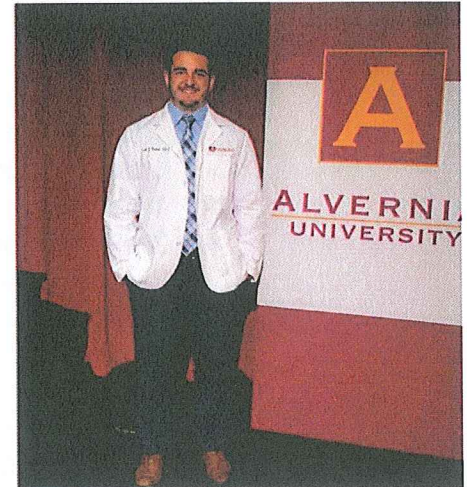
My name is Seth Bellott and I am a student physical therapist completing my final 12-week clinical rotation at IMG-PT until April 12th. I am obtaining my Doctor of Physical Therapy (DPT) degree from Alvernia University in Reading, PA and will be graduating this May.

I obtained my bachelor's degree in healthcare science from Alvernia University in 2017 and graduated from Governor Mifflin High School in 2013 prior to pursuing a career in physical therapy. During this time, I competed in track and field in the pole vault where I jumped a personal best of 13' 9". Recently, I began coaching pole vault at Alvernia University as well as volunteering with Albright College on a part-time basis.

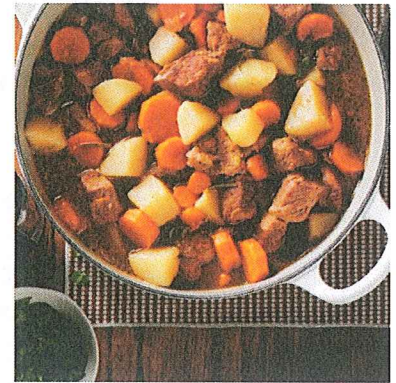
I currently live in Mohnton, PA with my parents. I have one brother, Nathan, who lives in Brooklyn, NY as well as one sister, Nicole, who lives in San Francisco, CA. Most of my time that I am not at clinicals, coaching, or studying is spent with my wonderful girlfriend of 3.5 years, Heather, who also goes to Alvernia. I enjoy binge watching Netflix and I'm a huge Philadelphia Eagles fan. I have also come to appreciate sleep a lot more because PT school and clinicals can be exhausting!

I decided to pursue a career in physical therapy because I wanted a job where I could be active and make a real difference in countless people's lives by helping to address any physical limitations they may have and assist them in returning to their prior level of function.

My experience at IMG-PT has been excellent so far. Having completed four other full-time clinical rotations, I can tell you all that it is extremely rare to find an outpatient PT practice that is so hands-on and dedicated to each patient as a whole. I look forward to learning and growing as a future DPT as well as having the opportunity to meet and work with many of you in the next few weeks.



Lamb Stew



Ingredients

- 2 pounds lamb stew meat, cut into 1-inch cubes
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 pound carrots, sliced
- 2 medium onions, thinly sliced
- 2 garlic cloves, minced
- 1-1/2 cups reduced-sodium chicken broth
- 1 bottle (12 ounces) Guinness stout or additional reduced-sodium chicken broth
- 6 medium red potatoes, peeled and cut into 1-inch cubes
- 4 bay leaves
- 2 fresh thyme sprigs
- 2 fresh rosemary sprigs
- 2 teaspoons salt
- 1-1/2 teaspoons pepper
- 1/4 cup heavy whipping cream



Directions

- Preheat oven to 325°. In an ovenproof Dutch oven, brown lamb in butter and oil in batches. Remove and keep warm. In the same pan, saute carrots and onions in drippings until crisp-tender. Add garlic; cook 1 minute. Gradually add broth and beer. Stir in lamb, potatoes, bay leaves, thyme, rosemary, salt and pepper.
- Cover and bake 1-1/2 to 2 hours or until meat and vegetables are tender, stirring every 30 minutes. Discard bay leaves, thyme and rosemary. Stir in cream; heat through.
Freeze option: Place individual portions of stew in freezer containers and freeze up to 3 months. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary.

Nutrition Facts

1-1/4 cups: 311 calories, 12g fat (5g saturated fat), 88mg cholesterol, 829mg sodium, 23g carbohydrate (6g sugars, 4g fiber), 26g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1 starch, 1 fat.