



# PT HAPPENINGS



RESTORING FUNCTION ONE PATIENT AT A TIME



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## From the Desk of Chris Gordos

Maybe the Groundhog was correct,

On February 2<sup>nd</sup> (which was early this year...Ask Eric about this comment) the groundhog predicted that we would have an early Spring. What is interesting is that the groundhog statistically is right 40% of the time. You are better off betting against him than with him. However, this year it appears that he is correct. As I write this letter on 2/23/2020 I am looking outside and watching my son pick up after the dog in shorts, my daughter is shooting basketball in shorts, and my youngest child came out of the Body Zone in a t-shirt after a soccer game. The daffodils and crocuses are pushing up in my flower bed. Not that I am complaining; as last year my letter at this time, I stated we had closed the office because of the ice and snow.

So if Spring is finally here, not that we had much of a Winter, it is time to get outdoors and work on the outside of the house. It is time to unpack the golf clubs, fishing gear, gardening tools, and all other associated Spring gear that was put away for the Winter Season. I debated on which information packet to include in this month's newsletter. A return to gardening sheet that we have used before, or a new golf injury prevention program that our recent student Chris "Rodgers" created. I opted for the golfing program.

What I love about golf is that it can be played by all individuals, regardless of age or sex. What I do not like about golf is that the ball doesn't move like all of the other sports I played growing up, and it still is near impossible to play. There are no defenders in golf. Yet, I feel like sometimes the golf ball just lays there and is mocking me. "There is no way you are going to be able to get me in that hole all the way down there in the strokes that you want." There was a famous author who wrote a book about golf and called it "A good walk ruined." What has helped my golf game immensely since I started is the fact that I look at it this way. We all pay the same amount to play. I am just getting more for my money than those who are really good. Although it is hard to tell my wife, "Honey I know I am never home because I work crazy hours, but this weekend I am going to take 5 hours to spend with friends golfing." I am sure she would love driving the 3 kids all over Berks county while I am "relaxing" with my friends playing a sport.

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The other thing that could help my game is if I played more than 2xs per year and took lessons. So here is where I tie the game of golf to therapy. If you do not follow the advice of the therapist and only do your exercises 2 times a year, you probably are not going to be successful with your long term health of your current or past injuries. It takes work to be good at golf, and it takes work to fix your mechanical problems that are causing your pain and decreased activity levels. If you need some professional "lessons" or just a little refresher course please feel free to call our office. Do not wait until you have hit three balls into the water and are looking at a snowman score (that is an 8 for those who do not play golf) to call our office. If you fix that little hitch in your swing (back, shoulder, neck, etc) it will pay dividends for years to come. It is better to fix your little problem in 4-6 visits as opposed to waiting and needing 3 months of therapy. I hope you find the attached information helpful and if you do not play golf, please feel free to share with friends, family, neighbors, etc. Who knows, maybe someday I will see you out on the course. But, if you are looking for me, do not look on the fairway...the trees are a safer bet to find me!!



# IMG-PT STUDENT PROFILE:

## Breana Miller

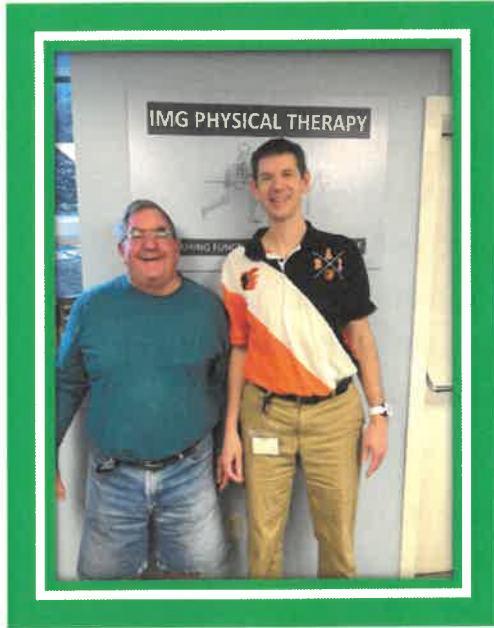


Hello everyone! My name is Breana Miller and I am a third-year student in the Doctor of Physical Therapy Program at Alvernia University. I currently reside in the Reading area. I am a part of the 3+3 program and have been at Alvernia for the past six years. This is my fourth and final full-time clinical affiliation and I plan to graduate in May 2020! I became interested in PT during my undergraduate neuroscience and kinesiology courses in addition to being inspired by the professor at the time who is a physical therapist. To me, becoming a physical therapist was a good fit since it is an intricate combination of healing and educating individuals through movement.

I was born and raised in Bel Air Maryland which is a tiny town in the Old Line State. Being a Marylander means I am obsessed with crabs and of course Old Bay. I grew up with my mom, dad, and two older sisters all of which are in the healthcare field. Growing up, I was always around my parents' dental office and have known since a young age I wanted to be a healthcare professional. In the little spare time I have, I enjoy spending time with my significant other and friends. In addition, shopping, finding new coffee shops, and watching copious amounts of Grey's Anatomy. I look forward to spending my 12 weeks here at IMG-PT, getting to know all of you, and expanding my skill sets as physical therapist through Chris, Eric, and Andrea.



# Success Stories



"I've had more injuries as I age. Chris Gordos is fantastic at diagnosing the problem & taking the best course of action to alleviate pain, weakness, & joint flexibility. I'd recommend Chris & his team to anyone who needs PT." Pete M.  
1-17-2020

"Can look in back seat of auto without turning body and reach back seat with left arm.  
Can High Five without pain-Better nights of sleep- Change battery in smoke detector  
Still can't play the Violin 😊 "  
Steven S. 2-19-2020

"My experience here at IMG-PT has been an excellent one. When I began therapy, I was fearsome that nothing could help me, but I was hopeful. I can't begin to express how much I have appreciated the care I received here. Eric was particularly helpful in providing the treatment that seemed to fit my condition. I was relieved when he arrived at a diagnosis that finally made sense to me and I was especially excited when I began to receive relief. I was thankful when I explained that the sensations I was feeling were not true spinning vertigo symptoms, and Eric was able to zero in on what was causing my symptoms.  
Everyone here is so helpful and ready to assist in any way, a really excellent staff.  
Thank you IMG!"

Raedell M. 1-30-2020

# IMG-PT STUDENT PROFILE:

## Megan Linderman



Hello! My name is Megan Linderman and I'm originally from Gilbertsville, Pennsylvania. I come from a very large close-knit family who means the world to me. I graduated from Boyertown Area Senior High in 2014 and immediately started classes at Montgomery County Community College to continue my academic journey. I've known I wanted to be a physical therapist since I was younger after needing PT myself after a surgery I received at CHOP when I was in elementary school. After touring various schools, I decided on attending

school at Alvernia University since I liked the small school atmosphere and their commitment to altruism and community service. Initially, I attempted to double major during undergraduate so I would graduate with a degree in business and healthcare science since my dream is to ultimately own my own business. However, I ultimately decided to apply to the accelerated program meaning that I would have only 3 years to complete my undergrad, so I decided to pursue just my healthcare science degree and put the business classes on the back burner. I plan on graduating from the program in May 2020 and look forward to being a practicing Physical Therapist.



Outside of schooling, my greatest passion is traveling/going on adventures. I like to push myself to live outside of my comfort zone and do things that I never thought I would have the chance to do. Some of my favorite places I have been include Cape Cod, New Orleans, Austin, Punta Cana, and Costa Rica. Typically, on the weekends I like to be outdoors, so activities like hiking and camping are my go-to. I'm also a very passionate Philadelphia sports fan and try to go to at least one live game every year. My favorite teams are the Eagles, Flyers, and Villanova college basketball.



## COMMON GOLF INJURIES & PREVENTION EXERCISE PROGRAM

### 5 Most Common Golf Injuries

1. **Low back strains:** Most commonly right-sided low back pain in right-handed golfers
2. **Golfer's Elbow (Medial Epicondylitis):** Usually from hitting too far behind the ball, or hitting rocks and tree roots at impact. (more common in women)
3. **Shoulder Injuries:** The wide range of motion required during the entire golf swing places both arms at risk for impingement, rotator cuff injuries, and instability problems.
4. **Knee Pain:** Extreme forces and sudden twisting when putting weight through both knees can cause meniscus injuries and exacerbate arthritis symptoms.
5. **Neck muscle spasms:** Due to overuse and poor posture



### Risk Factors

- Repetition of the motions involved in playing golf puts repeated stress on the joints including the neck, shoulder, elbow, wrist, hips, knees, and ankles.
- Poor flexibility further stresses the joints of the upper body (shoulders, elbow, wrists, and neck) and lower body (back, hips, and knees) and also inhibits the amount of end range motion in the backswing and follow-through.

### Prevention

- Proper warm-up before each round, including dynamic muscle stretching, putting, chipping, and hitting a small bucket of balls at the driving range. *Warm-up details below.*
- Driving Range: when practicing at the range you should hit no more than one golf ball every minute (A bucket of 50 balls should take longer than 50 minutes to finish).
- Strength and conditioning program to increase performance and decrease risk of injury. *Exercise details below.*
- Proper swing mechanics to avoid putting additional stress on the joints of the



back, shoulder, elbow, and knee.

- Proper equipment including correct club length, non-slip grips, golf shoes with soft spikes, and glove for leading hand.

- Decrease the amount of bending over; place clubs back in bag or on bench instead of ground.

- Adjustment to decrease stress at knee: externally rotate lead leg 20-40° to protect the inside of the knee and decrease the magnitude of forces and twisting during downswing and follow through.

- Quick fix to decrease neck strains: chin tuck before and during every swing.

For the Golf Exercise Program - please visit our website [www.imgpt.com](http://www.imgpt.com) and click on the Prevention & Patient Education tab and look under Sports Prevention.



# Leprechaun Bait

## Ingredients:

2 C corn chex  
1 C pretzel twists  
1 C Lucky Charms  
1/2 C green M&M's  
12 oz white chocolate chips, melted  
1 tsp green sugar

## Directions:

In a large bowl, combine corn chex, pretzels, Lucky Charms, green M&M's and green sugar.

Mix until totally combined, then transfer to a parchment-lined baking sheet and spread into one even layer.

Freeze until firm, about 20 minutes, then break into pieces and serve.



Are you having issues with one or both of your shoulders? Do they bother you while you are trying to sleep? Then our shoulder workshop that we are having here at our office **Thursday, March 12th at 6:30 pm** is just for you. The workshop is **FREE** - all you need to do is give us a call at 610-944-8140 to let us know you are coming.