

PT HAPPENINGS



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March 2021

From the Desk of Chris

"Preparing for Opening Day"

I cannot tell you how happy I am that I get to write the March Newsletter. There are so many great things about March. You have the beginning of Spring, NCAA March Madness basketball tournament, Opening Day of Baseball for MLB, my birthday, and the opening day of trout season. Now before anybody gets too upset, April 3, 2021 is Opening Day of trout season this year in our part of PA. However, the preparation / planning for the first day of fishing has already begun for me.

Last year we lost so much because of the pandemic and one of the things I missed most (besides the cancellation of March Madness and our office bets...where I beat Eric every year) was there was no opening day of Trout in PA. Because of fear of the disease the state did not have an opening day. I know many people who like to fish who avoid opening day of trout season because the streams are packed and they hate the tangling of the fishing lines that inevitably occurs. And, the weather is usually not the best at the end of March and beginning of April. To be 100% honest with you, the actual fishing is probably my least favorite part of opening day. That probably explains why if I am lucky I only get out 3 times a year (which includes the first day). What I love is the tradition of Opening Day. For 40+ years my family (blood and fishing family) have gotten together for this special day. It always starts out with breakfast at 6 am and catching up with what has happened in our families the past year. The places have changed, originally we met at my grandparents farmhouse, then the Oley Legion Diner, then a few other places, and now recently at Chatty's up on Route 12; but the conversations are the same. The 10+ fishermen (numbers change each year) by 6:50 am all rush out of the Diner and we race to the Manatawny River to stake out our parking spot and prime spot on the river by 7 am. For the next hour while we wait for the clock to strike 8am we rip each other over all of our mistakes and past failures we encountered on this exact day in years gone by. Recounting the successes are never as much fun. Betting usually starts on who will be stuck in the tree first this year. At 8 am we start fishing until lunch and nature calls. Depending on the amount of fish caught (bad years less than 10 and good years more than 20) we will go back for a few more hours on the stream to get that one more fish, than the person you are chasing. As you get older, watching your son and the younger generation catch more than you is much more of a thrill than trying to catch the most yourself. After fishing for the day, we pick a

local bar and begin recounting all the stories from the day and days past with some beer and usually pool. I could type a whole chapter about opening day, that is how excited I am. Missing it last year makes it even more special for this coming year. If you are out on April 3 on the Manatawny River near the Tiki bar, look for me. If I am tangled in the tree....don't tell anybody!!Equally important to the day of fishing is the preparing for the day. You need your license, bait, line, and to check all of your tackle. You need to pack your food for the whole day. You need clothes to change into after fishing. You need at least 1 extra set of clothes in case you make the mistake of falling in the river while pulling in that 8" trout. Or you need to bring an extra set for when one of the younger ones goes "swimming". You need to remember all of the facts and stories, especially the exaggerations to the stories about years gone by. You need to coordinate where you are going after fishing and where you are going to meet for breakfast. You need to make sure you put your worms in the fridge after your wife goes to bed and remember to take them out in the morning so she doesn't know they were ever in there. So many things to plan, but the end result is always a memorable day. With Spring right around the corner, what are you preparing for after this long winter and current pandemic? Is your body ready for whatever you have planned? Could you use a "tune-up" or a LASER treatment to help insure you can do everything you are hoping to do? If so please call the office and we would be happy to set you up for a consult or Laser treatment. I have (6) 1 session free trial appointments to see if the LASER will help you for March. They will go fast, so if you would like to see if the LASER will help you or a loved one, please call today. Have a great Spring. Look for the results of the March Madness office bets, and keep praying for an end to this pandemic so we can have you stop by the office and catch up on lost time. We will be "open" for those who need to drop off their Basketball brackets in the middle of March. You will still need a mask and a temperature check, but we would be happy to see you.



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Say Hello to Alanna!!!

Hello IMG! My name is Alanna Schwarz and I am here at IMG for my last clinical experience. I am from Milltown, New Jersey and graduated from Marist College in Poughkeepsie, New York. My first clinical experience was also at IMG back in September 2018 when I had just started PT school. Now I am almost to graduation in May and it is like I have come full circle being able to expand my clinical skills here before going into the real working world.



When I am not at clinical, I enjoy doing things outside like hiking and skiing. I also love to travel, though I have not been able to because of COVID. I love to immerse myself in different cultures and embrace their lifestyle. The last trip I went on was to Belize on a pro-bono service trip with my PT class in January 2020. We were able to go down there and provide free PT services to those in need. It was truly a rewarding experience being able to help so many who were not able to access the PT they needed. I was able to help a gentleman walk for the first time in 2 years after his stroke and that is a priceless experience for me combining my love for travel and my love for physical therapy.

I have already learned so much in my first four weeks at IMG and look forward to continuing to help each patient I meet along the way. Thank you to everyone at IMG for having me!



Say Hello to Allie!!!

Hello! My name is Allie Stauffer. I am a student in my third and final year of Alvernia University's DPT program. I am finishing my time in the program with my last clinical rotation at IMG. I will be here through April and I will (finally!) graduate in May! At that point I plan to continue searching for jobs and studying to take the National PT Exam in July. As I begin my career as a physical therapist, my goal is to provide individualized care for every patient with a focus on helping each patient achieve their personal goals. I would also like to further expand on my interests of manual therapy, sports-related rehabilitation, and vestibular therapy.

Prior to starting at Alvernia, I graduated from Towson University with a bachelor's degree in Exercise Science. I was a member of Towson's Division 1 Field Hockey team for all four years which was one of the most rewarding and challenging experiences of my life. This opportunity helped to prepare me for PT school in many ways and also prompted my interest in rehabilitating athletes following injuries. Most significantly, it led to some of the best friends I could have ever asked for!

The reason I chose to pursue physical therapy as a career is simple: to help people. I have learned through clinical experiences and other opportunities just how many ways PT's can help people. There is such a wide range of impairments that PT's can treat across all age groups - from kids to older adults, from surgeries to strokes. I had the unique opportunity to travel with classmates and PT staff to Belize last year to provide physical therapy services to an extremely underserved population. I learned so much from that trip, and it reinforced why I pursued physical therapy in the first place. I am excited to see where else this profession takes me, and I am happy to have the chance to learn from Eric, Andrea, and Chris while at IMG-PT.





"All I can say is that I have been coming to IMG-PT for physical therapy on and off and the gym program for 9 years. As always, they get me up and moving, and feeling better! Eric, Chris, Andrea & the entire staff are the best!! I wouldn't go anyplace else!" Marsha V. 2-22-2021

"Thank you everyone at IMG-PT for all you have done for me after my hip replacement. It is a rare thing to look forward to go to a doctor's office knowing I'm going to work at making myself stronger and better. This is my 3rd time here for a different treatment. Everyone here is the most professional, personal, kindhearted and caring. No just to me but to everyone who comes through the door. Thanks again for everything!!" Clay J. 12-30-2020

"When I first started therapy, I could barely do my normal house chores. Even cooking caused pain. I can now go about normal life without increased pain and I'm feeling much stronger. Every person at IMG-PT has done a fantastic job and is very personable. They all make you truly feel like family." Morgan T. 1-13-2021



"I was very pleased with the attention and results I received. It is very obvious the people working at IMG-PT are dedicated to what they do and have the patients best interests in mind and are well trained in what they do. Cleanliness, professional and caring would be my best way of describing IMG-PT" Bruce B. 1-8-2021

Irish Blessing

May your troubles be less,
your blessings be more,
and nothing but happiness
come through your door.

SPRING IS IN THE AIR!



HAPPY BIRTHDAY, CHRIS!

