

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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May 2017

From the Desk of Chris Gordos

The word “loss” or “lost” is almost always a negative word. Unless of course you are talking about the loss of a few extra pounds, that can be a good thing. I have been told my whole life that without loss and trials that the wins and the joys would not be as rewarding. That is easy advice to give, but somehow always rings hollow when you are the one who is receiving the words of sympathy and encouragement.

At the office these past few months and in the near future we have suffered some tough losses. Denise lost her father in April. Nothing is as hard as the loss of a loved one. He will be missed by his whole family. On the 12th of May we lost one of our longtime Aides, April, to graduation and the start of her nursing career. We are very happy for her, but it is still hard to say goodbye to a valuable employee. In August we will be losing another longtime employee, Kaylie, as she begins the next chapter of her great adventure known as life. It is hard to believe she has survived working with us for 3 years.

On a positive note, as one door closes another one opens; we have gained two dynamic young ladies who have started to fill the shoes of April and Kaylie. Morgan and Ashley are training to be able to help all of you, and assist us in the daily of treatment of all of our patients. If you haven't had a chance to stop by the office to say hello, please do. If you want to say goodbye to Kaylie you have the next 2 months to stop by and reminisce.

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At our office we constantly treat people because of “loss”. The loss of freedom of movement, the loss of a pain-free daily life, the loss of being able to run, play tennis, bike, garden and much, much more. The one piece of advice that I think does help with loss is that humor can start somebody smiling. Smiling always makes a person feel a little better. Eric and I want to promise you that if you have lost any freedom in your life because of an injury, please call us and we will see if we can make you smile. It is never a dull moment at the office. This month we are enjoying the stories that involve Eric and his moving to a new house. Next month it will probably be what crazy thing one of my children has done. And coming soon, my son (Andrew) turns 16 next year. How quickly will one man's hair grey? I believe I can answer that question in short order.

Finally to Kaylie and April..Thank you for all you have done for Eric, Denise, and myself. Good Luck. You will be missed. Please send pictures so we can update the newsletter for all or our great patients past and future.

Student Profile: Lauren Walker



Hello everyone! My name is Lauren and I am a second year student at Widener University for Physical Therapy. I graduated from Neumann University in 2014 with my Bachelors in Athletic Training. I grew up in Gilbertsville and went to Boyertown High School, so not too far from Fleetwood.

I have wanted to become a physical therapist for some time now. Back in 2008 I partially tore my ACL and participated in rehab and then eventually completely tore my ACL in 2010 followed by more PT. Being a patient lead me in this career path as I enjoyed learning the different exercises, see the patient/PT relationship, and watching my progress grow. Right now I see a future in outpatient PT but with a year left of school and two more clinical rotations left I still have my mind open to the different areas of practice.

In my spare time I enjoy playing and watching sports, hanging out with friends and my boyfriend, and working out. I especially like playing and watching basketball and soccer which I played both in high school and in college.

I'm very excited for this clinical rotation and look forward to meeting and working with all of you!



BLUEBERRY & WHITE CHOCOLATE CHUNK GINGER COOKIES



- 1 cup all-purpose flour
- ¼ cup wheat germ
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- 1 large egg
- ¾ cup packed dark brown sugar

- ⅓ cup canola oil
- 1 teaspoon vanilla extract
- ½ cup oats, quick-cooking or old-fashioned (not instant)
- 2 ounces white chocolate, chopped
- ⅓ cup dried blueberries, (see Tip)
- ¼ cup crystallized ginger, chopped (see Tip)

Preparation

1. Position racks in upper and lower thirds of oven; preheat to 375° F.
 2. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, blueberries and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1½ inches apart.
 3. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely.
- **Make Ahead Tip:** Store in an airtight container for up to 3 days or in the freezer for up to 1 month.
 - **Tip:** Dried cranberries or cherries will also work in place of blueberries; all can be found, along with crystallized ginger, in the baking, dried fruit or produce sections of many supermarkets and natural-foods stores.
 - **Storage smarts:** To extend the life of your baked goods, store them in an airtight container in a single layer or between layers of parchment paper to prevent sticking.

Happenings at IMG-PT



Congratulations Calvin Reinert!!!
He has qualified for the 2017
Regional Competition-Mid Atlantic
Regionals 12u MLB Jr. Home Run
Derby.



Congratulations Andrea on
your graduation from Temple
University. She will take her
boards July 18th and then be
Dr. Andrea.....



Congratulations April on your
graduation from Penn State Berks.
April's last day at IMG-PT was May
12th and she will begin the next
chapter of her life at Desales
University, Friday, May 19th in their
nursing program.



Youth Softball Warm-Up Program



The purpose of this warm-up program is to prevent youth injury. This warm-up program should be performed before each practice or game and should take ~15-20 minutes to complete. Both the coaches and players need to understand the purpose and importance of a proper warm-up. A proper softball warm-up should involve warming-up to throw and not throwing to warm-up. Coaches should supervise players at all times to encourage proper techniques.

Phase 1: Cardiovascular warm up

1. Run the bases: Run to 1st backwards, run to 2nd sideways, run to 3rd sideways facing the opposite side, and run home forward. Once 1st runner reaches 1st base, the second player can start running and so on.
2. Bounding - Lift the knee on the leading leg as high as possible and swing the opposite arm across the body and up over head; whole team starts spread out on 1st base foul line, finish at 2nd base. Jog back.
3. Open and close gait - Open the gate (leg brought straight up and then out - imagine stepping over something); whole team starts at 1st base foul line, finish at 2nd base. Jog back. Then do: close the gate (the opposite, outside to inside).
4. Karaoke – Standing sideways, cross your right foot over and in front of your left foot with your arms out to your sides. Step open and out to the side with your left foot, then cross your right foot behind your left foot and continue moving laterally then repeat the movement in the opposite direction; start at 1st base foul line, finish at 2nd base. Jog back.

Phase 2: UE and LE stretching

Static Stretching

1. Cross body/post capsule stretch - Bring throwing arm across body at about chest-level. Lock that arm in place and stretch it by pulling with the other arm. Hold/count for 30 seconds and repeat once.
2. Inferior Capsule Stretch – Raise throwing arm up next to ear with elbow bent behind head. With opposite hand, gently pull elbow further behind head until you feel a slight stretch on the front side of your shoulder under armpit. Hold/count 30 seconds and repeat once.
3. Hamstring – Stand with feet apart, just past shoulder width, bend at the waist, slowly reach down to your feet and touch your toes. Hold/count 30 seconds
4. Quadriceps - Reach back and grab ankle, gently pull heel back until you feel a stretch in front of thigh; use a partner if needed. Hold/count 30 seconds and repeat on opposite leg.

Dynamic Stretching

1. Small Shoulder circles / Large windmills – Stand with feet slightly wider than shoulder-width apart, knees slightly bent, Start with Small circles for 15 sec. and then Large circles 15 sec. (30 seconds clockwise, 30 sec. counterclockwise)
2. Huggers / Cross body arms swings – Swing both arms out to sides and then cross then in front of the chest; 30 seconds
3. Hamstrings/Quadriceps – Holding onto the fence, swing with a straight leg out in front of the body so that a stretch is felt in the back of the leg, then swing the leg behind the body; 30 seconds total. Switch legs.
4. Adductors – Holding onto the fence, swing the leg side to side as high as possible; 30 seconds. Switch legs.

Phase 3: Strength, Conditioning, Throwing

1. Lunge and Twist - Lunge forward with a light twist at the waist from foul line to 2nd base, jog back.
2. Lateral slide - Stand with your feet just beyond shoulder width. Get in mini-squat position, with hips back, bend the knees, and lower the body until hips are just slightly higher than your knees. Slide from foul line to 2nd base facing the infield and then return still facing the infield.
3. Throwing (can use option a or b)
 - a. Grab a partner. One person stands at 1st base foul line with other partner about 6 feet away. Toss ball back and forth. After each partner throws, take a step back. Older players (>10) proceed until they are between 90-180 feet away from each other, depending on abilities. Younger players (<10) stop when they reach 2nd base line. Players then will begin taking steps closer to each other. Players will start by 1st getting further apart and then will come closer together. Special attention should be paid to form and accuracy. Repeat for 5 min
 - b. Light throwing warm-up with a partner. Special attention should be paid to form and accuracy. 5 min

****Immediately after throwing, there is a loss of motion of the shoulder. The deceleration with pitching causes damage to the rotator cuff; and posterior shoulder muscles get tight from the trauma of throwing. To prevent overuse injury in all throwers, end each throwing session with the Cross Body Stretch for 2 sets of 30 seconds.****