

# PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522  
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May 2019

## From the Desk of Andrea Miller

*"Mirror, mirror on the wall, I am my mother after all"*

Hello everyone! I hope this newsletter finds you all well and enjoying this beautiful weather! It's amazing how much a little bit of sunshine can really go a long way in raising everyone's moods and spirits. The only difficult thing about the weather being nice now is having to work indoors! (I won't be complaining though when we get into the 90's). Everything is pretty much status quo at the office minus losing our two Alvernia students, Seth and Steve, on April 12, leaving treatments to just Eric, Chris and me (and Erin on Monday and Wednesday mornings). It's amazing how much a difference it makes having two extra sets of hands in the office. To say the least, we miss them dearly!

Speaking of dear things..now reaching May, it means we get to celebrate Mother's Day! Whether you are a mom to a son, daughter, or even a fur baby (dog, cat, etc), I wish you the best day- you deserve it! Mom's work incredibly hard and sacrifice so much that one day isn't enough to celebrate everything you do. It's clear to me by hearing many patient stories from those who are mothers, there is never a dull moment, or more importantly, shortage of love that comes along with being a mom.

I hope you all won't mind, but I wanted to take a small opportunity to celebrate my mom. She is without a doubt the most selfless person I have ever met and I feel blessed to be able to call her my mom. She has always encouraged me to study hard, work hard, and to most importantly, enjoy every aspect of life. I would even argue that she is the first person to get me into the therapy field. She has been a COTA at St. Joe's for many years and used to take me into the old hospital to get things set up in the therapy department before having to go to preschool. (Thanks, mom!)

What else amazes me is how much my mom is able to accomplish every week and make it look easy! I kid you not, my mom works full-time, babysits, prepares large family dinners every Sunday night, does gardening/yard work/housework and still finds ways to volunteer her time in the community. Although this keeps her very busy, it most importantly brings her joy and keeps her active! I can truly only hope to be half the woman she is one day.

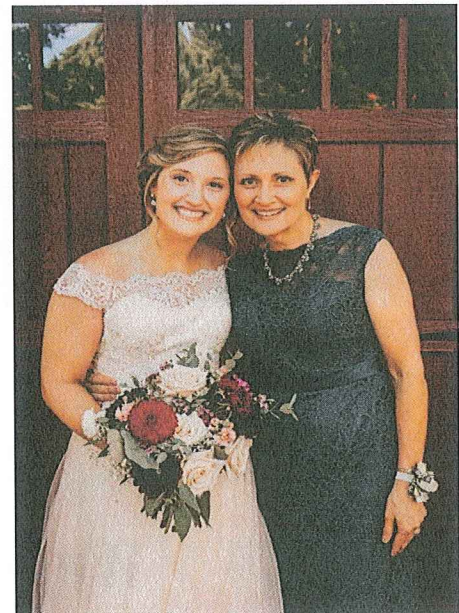
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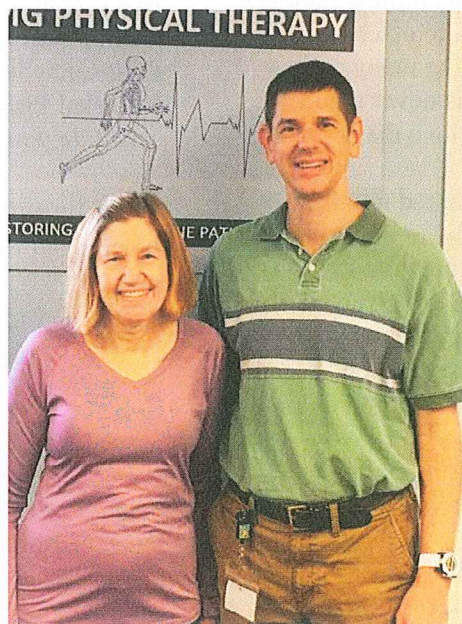
I don't know about you, but if I noticed that my mom wasn't performing at her normal super-human level due to pain I'd want to help her out. Maybe it's back pain that is limiting her ability to get into the garden. Or knee pain that is preventing her from walking or running around the neighborhood. Whatever that limitation may be, it should not be ignored. If your mom or a loved one is suffering from pain, let us assist in getting her back to her best life and being super-woman again!

In honor of Mother's Day, I would like to offer a free screen to those amazing women who are ready to take care of their aches and pains so they can get back to the things they love! We only have 12 slots to offer in the next 3 weeks! Please give us a call at (610)-944-8140 to schedule your free screen!

I look forward to meeting and helping all of you awesome women out there! 😊



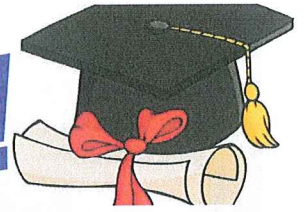
To Our Mom's: Thank you for your hard work,  
as you can see we turned out great.  
Happy Mother's Day!!



*Happy Mother's Day!*  
*We love you so much!*



# GRADUATIONS!!



"Thank you everyone at IMG-PT for being so helpful and caring in helping me get the strength back in my arm after I fell and broke my collar bone. I can move my arm so much better now. I would recommend IMG-PT to anyone needing this type of help."

Stanley M. 3-28-2019

" When I first came in for therapy-I had no balance-and very unsure what my new normal would be after a severe vertigo attack.

Everyone is friendly, caring and knowledgeable. Most importantly, Eric knew vertigo treatments, which is not easy to find. He was very helpful and now knowledgeable about what I needed to feel better.

At the end of therapy I felt more myself again. The fear, and being unsure of my body was gone!!

Thank you Eric!!"

Donna N. 4-10-2019



"Very rewarding experience. Everyone was very friendly and kind. They encourage you every day and I am now able to do more activities in the home and can now do my grocery shopping without a break and I can now cook meals and prep without having to sit down for a rest in between. Staff was very knowledgeable and caring."

Michele N. 3-21-219

"I came in with what I thought was back pain. With the help of Chris we decided the pain was hip pain. I had hip replacement surgery in January and now on my way to pain free. I enjoyed coming to therapy. The therapist are very encouraging and helpful. They are a joy to work with. Most of all I enjoyed working with Andrea, as she has a way of encouraging me to do more. Thanks to all."  
Benjamin B. 3-29-2019

"I want to thank Eric and staff for their kindness and friendliness and professionalism. I feel more confident and at ease knowing that there is help for stiff muscles and dizziness and vertigo. I would highly recommend IMG Physical Therapy. Thank you so much for all your help."

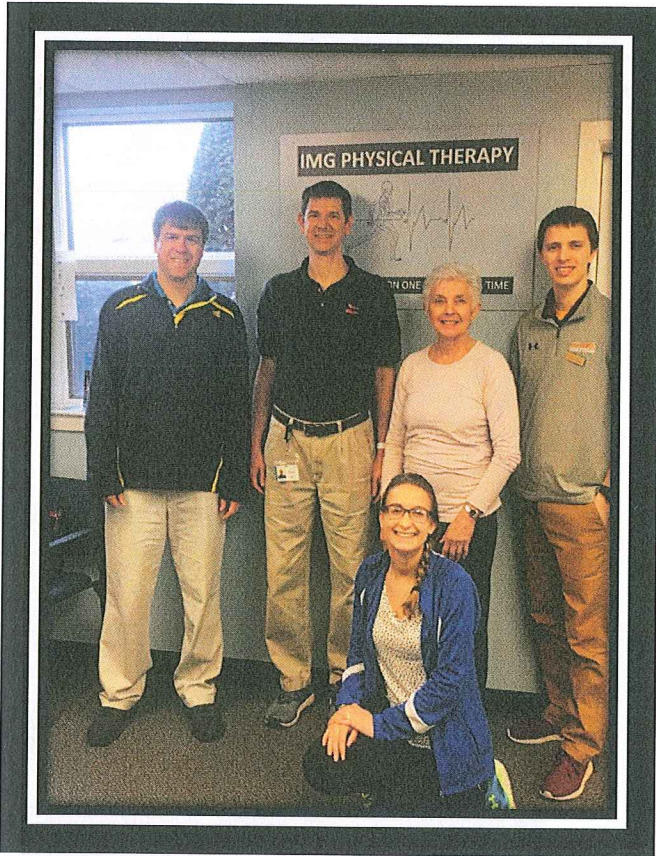
Jeanne B. 3-20-2019

"I came to IMG-PT after having a total knee replacement. I had a lot of pain & swelling. Each visit provided less pain & swelling along with increased mobility.

This staff is very friendly & knowledgeable.

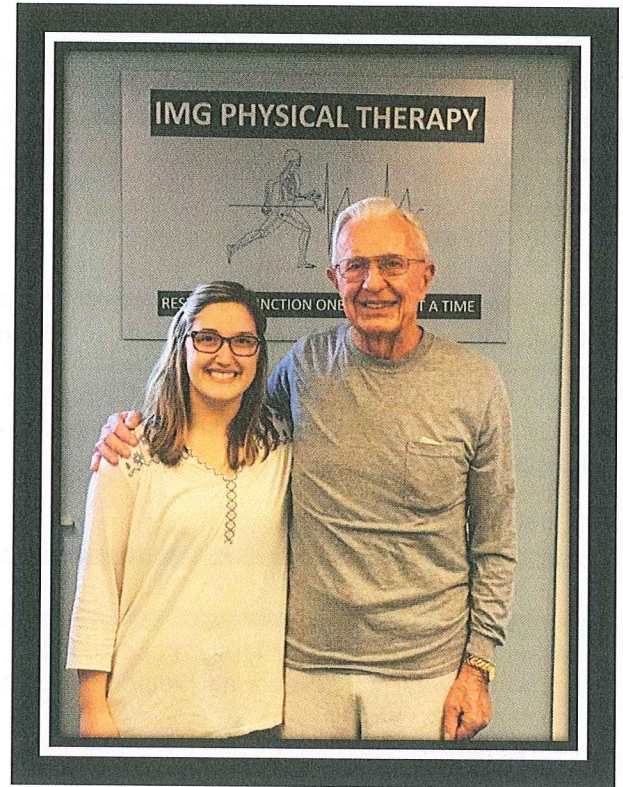
Thank you all at IMG-PT for your care."

David R. 3-29-2019



"Back pain is associated with L-4-L-5 nerve pinching that created numbness in the tops of both my legs, groin and sciatica in my right leg. The manipulation portion of PT was very effective for opening up my spine and relieving overall numbness issues and penetrating pain in my lower back. I appreciated IMG's atmosphere of listening, discussing particular problem spots and kindness to reach activities to gradually make progress over my 30 sessions. This group was always pleasant, humorous and knowledgeable. Always enjoyed watching everyone interact with patients and colleagues. Thank you."

Lois M. 4-5-2019



"IMG is a great facility for physical therapy. The atmosphere is warm, friendly & inviting. The therapists are all very competent, effective and friendly. My experiences here have been excellent and I would advise anyone needing physical therapy to use IMG Therapy in Fleetwood."

Robert K. 3-27-2019

"The experience was great. They helped fix one of my many issues. I now can play sports without any pain or stiffness."

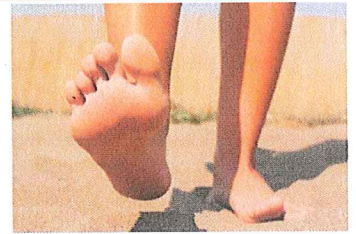
Delaney J. 3-21-2019

**Our Patient's Are The Best!!**  
 Thank you for your trust  
 and support by sending us  
 your family and friends.  
 We couldn't do what we do  
 without you.



## 6 Foot Core Exercises

### Home Exercise Sheet

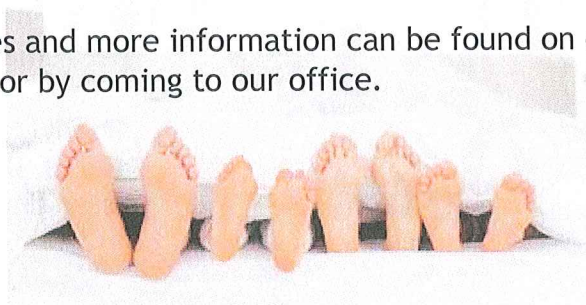


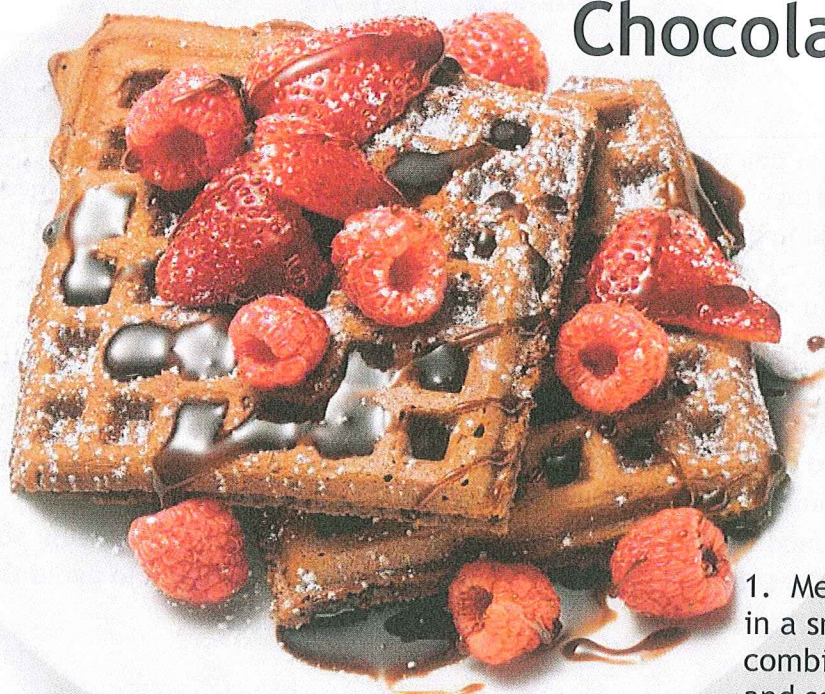
It is important to remember that rehabilitation of the foot may take some time. Various structures that have not been used during recovery from surgery or injury will need to be strengthened and stretched in order to promote return to prior level of activity.

When you exercise on your own it will be important for you to remember:

- Exercises that cause pain are hindering the healing process and will prolong recovery if they are continued. In instances where the exercise is causing pain, the exercise should be modified or discontinued. Ask your physical therapist if you are unsure when to modify or discontinue exercise.
  - Ways to modify exercises include lowering the resistance, lowering the number of sets or repetitions, or reducing the range of motion to avoid the pain producing area.
- Increases in swelling after an injury indicate that the exercise is too difficult or is being done incorrectly. In this case, the program needs to be modified to eliminate the problem.
- If you do reinjure a healing structure during the rehabilitation process it will slow your progress. If you do experience reoccurring pain with exercise, the exercise may need to be modified.
- Muscle soreness, dull aches, fatigue, and a stretching sensation are normal during exercise. Exercises however, should not be painful or produce excessive amounts of swelling.
- When deciding what weight to use, always guess lower to avoid injury. It is much easier to increase weight that is too easy than it is to use excess weight and end up injuring yourself.
- If you have any questions or concerns, feel free to consult your physician or physical therapist at any time. It is better to ask questions to ensure proper execution of exercise than to cause further injury by doing exercises incorrectly.

A copy of exercises and more information can be found on our website, [www.imgpt.com](http://www.imgpt.com), or by coming to our office.





## Chocolate Waffles

### Ingredients:

3 tablespoons unsalted butter  
 3 tablespoons vegetable shortening  
 2 cups all-purpose flour  
 1 tablespoon baking powder  
 1/4 teaspoon salt  
 3 tablespoons sugar  
 3 large eggs  
 1 cup milk  
 1/2 cup chocolate syrup, plus more  
 for topping  
 1/2 teaspoon vanilla extract  
 cooking spray  
 confectioners' sugar and/or berries,  
 for topping (optional)

Total prep time: 30min  
 4-6 servings  
 Easy skill level

Happy  
 Mother's  
 Day

### Directions:

1. Melt the butter and shortening in a small saucepan, stirring to combine; remove from the heat and set aside. Whisk the flour, baking powder, salt and sugar in a large bowl.
2. Whisk the eggs, milk, chocolate syrup and vanilla in a large liquid measuring cup or a separate bowl. Whisk the egg mixture into the flour mixture until combined. (The batter will be slightly lumpy.) Whisk in the butter mixture until combined.
3. Preheat the oven to 250 degrees F. Preheat a waffle iron and spray with cooking spray. Ladle some of the batter into the waffle iron to within an inch of the edge (1/3 to 1/2 cup batter, depending on your waffle iron); cook until crisp. Transfer the waffle to a baking sheet and keep warm in the oven. Repeat with the remaining batter.
4. Divide the waffles among plates. Dust with confectioners' sugar and top with berries and/or chocolate syrup.