

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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May 2020

From the Desk of Eric Parrish



IMG PT is OPEN!!

Hello All,

I hope this newsletter finds you and your family safe and healthy. It has been a crazy last few months. I hope that during this stressful time you have gotten the chance to get out and enjoy some of the nice spring time days that we had in April. While sheltering in place my family has been able to go for some hikes, fly a kite, ride our bicycles, play board games, soccer in the yard, cook on the grill and countless family walks. I know the dog has really enjoyed the whole family being home most of the day, although he is a little more tired than usual with all of the walks we have taken him on. Even though getting out of our routine has been a challenge as well as the stress of this pandemic, the extra time with the family has been a blessing.

That being said, we are very excited to have re-opened at IMG-PT. We have missed interacting with our patients and being involved day in and out with their lives and helping our patients meet their rehabilitation goals. The lively interaction and laughs with both the staff and our patients have also been sorely missed. We want you to know that we are taking every precaution to make your visit at IMG-PT as safe as possible during this difficult time. We have attached the sheet of all of the steps we are taking to make patient visits to IMG-PT as safe as possible (see page 2). We are all adjusting to the new normal and I know everyone is looking forward to a return to the way things were. We are excited to be taking the first step toward getting back to the way things were by returning to work and taking care of the people in Berks county as well as the surrounding areas. We will adapt and adjust to the ever changing pandemic as it unfolds. Our goal as it has always been is to provide a safe therapeutic environment, and “restoring function one patient at a time.”

Please don't hesitate to call the office if you have any questions about any physical problems you might be having. We are happy to talk about possible solutions and help you meet your rehab goals. From our IMG-PT family to yours we are praying that you are safe and healthy and for those who might be sick that you have a speedy recovery.



IMG Physical Therapy Office is OPEN

Gov. Tom Wolf has approved physical therapy offices to remain open as life sustaining businesses.

IMG Physical Therapy office is open and will resume operations to serve our patients, with dedicated clinicians in place.

We are ensuring **our office is following proper protocol during this time by methodically sanitizing and disinfecting** treatment tables, exercise equipment, waiting rooms, bathrooms, doors and general areas **before and after every single patient, every time.**

Before entering our office, please read and follow our protocol below:

- **Scheduled patients are the only people allowed to enter the office** with the exception of critical staff at this time. Patients will wait in their car until escorted in by a staff member.
- **Visitors or caregivers of patients are not allowed to enter clinic locations** and should wait in their cars if dropping off or picking up patients. Notify us at the number below if you need assistance.
- **Patients will be seen by a dedicated therapist.**
- Upon arrival, **patients will be screened for COVID-19 exposure including taking your temperature and answering a questionnaire. These screens will be done outside of the office door by a staff member. Patients will be instructed to wash their hands and taken immediately back into a sterilized treatment location.**
- Patients will be required to wear a face mask.
- **No food or drinks** are allowed in the office. Personal items must be kept with the patient at all times.
- **Upon completion of treatment, patients will be instructed to wash their hands and immediately leave the clinic. Wearing of the mask must be maintained until exiting the office.**

Anyone who is experiencing or exposed to symptoms or illness of any kind should cancel their appointment immediately and speak with their doctor.

Our primary focus is always the health and safety of our patients. We have been working non-stop with the medical community, the American Physical Therapy Association, the Center for Disease Control (CDC) and referring physicians, to ensure we put in place the right safeguards and procedures related to the Coronavirus outbreak. As updates and resources become available to us, we will continue to keep our patients and referring physicians up to date.

If you have any questions please call 610-944-8140.

Staying safe and THANK YOU for choosing IMG Physical Therapy.



Eric's dog Panda- no more walks PLEASE, I want to go home



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Eric and Shaylie



Kendall, Eric and Shaylie



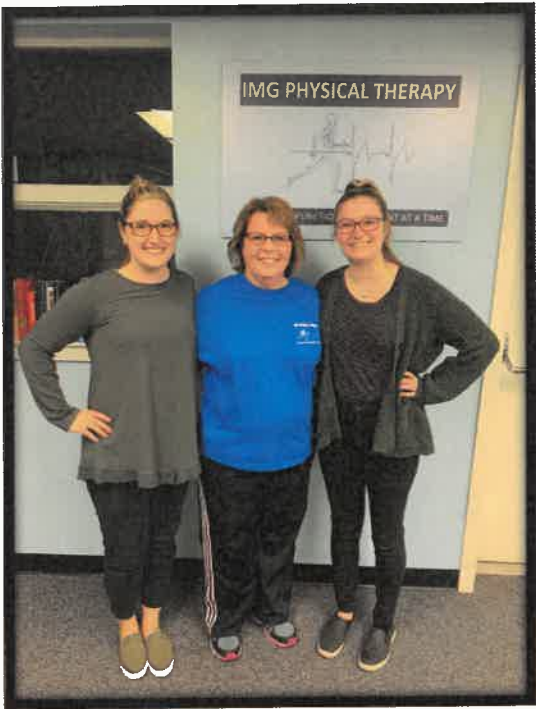
**Samantha Kuhar-Temple University Grad May 2020
She was here at IMG-PT 5/13-8/2/2019**



Covid-19 office training



Gordos family Mother's Day walk



"Before coming to PT I couldn't sleep well with the pain I was having in my back. With a few visits I was able to lay on my back and was sleeping so much better. Daily duties got easier with less pain. IMG-PT really has helped my back. Everyone was great.

A GREAT BIG THANK YOU!!"

Deb K. 2-24-2020

"I'm very grateful to feel so much better. I could not sit without severe pain for more than a few minutes before I came here. Doing the exercises to strengthen my back helped tremendously and I am keeping them up at home. I'm also back on my road bike without tailbone pain as well. Again-THANK YOU!!"

Amy G. 3-4-2020

"Since starting therapy, my lower back is much more stable and has less pain. I find myself using less support when I bend over and I'm able to do more physical activity during the course of the day. I couldn't say enough positive things about the staff at IMG-PT. Everyone that treated me was professional, friendly and a pleasure to spend time with.

I will highly recommend IMG-PT. Thank you!"

Chris E. 2-26-2020



" Before physical therapy I had the potential for dizziness at all times. Numerous times over the last 30 years I lived without outright dizziness daily. Turning my head, sleeping in bed, reclining in a chair, looking up at the stars, getting my hair washed at the salon and even having my teeth cleaned were all difficult do to my dizziness.

My first session was very easy, didn't show much problem. My second visit was awful. the vertigo was severe and I was not feeling well almost the entire day. My third visit I am, at this point "dizzy free", if that is a phrase!

Through PT I have learned how to control my episodes at home, which is crucial. Having control of my problem, and being in charge of my condition makes me feel more confident on a daily basis.

Still having a relationship with my PT is also very important, in case I have worse bouts with my vertigo.

Thank you ERIC. I'm so excited!!! to be in control of this!!"

Gayle G. 2-19-2020

Keto Burger Fat Bombs

INGREDIENTS

Cooking spray

1 lb. ground beef

1/2 tsp. garlic powder

Kosher salt

Freshly ground black pepper

2 tbsp. cold butter,
cut into 20 pieces

2 oz. cheddar,
cut into 20 pieces

Lettuce leaves, for serving

Thinly sliced tomatoes, for serving

Mustard, for serving



DIRECTIONS

Preheat oven to 375° and grease a mini muffin tin with cooking spray. In a medium bowl, season beef with garlic powder, salt, and pepper.

Press 1 teaspoon beef evenly into the bottom of each muffin tin cup, completely covering the bottom. Place a piece of butter on top then press 1 teaspoon beef over butter to completely cover.

Place a piece of cheddar on top of meat in each cup then press remaining beef over cheese to completely cover.

Bake until meat is cooked through, about 15 minutes. Let cool slightly.

Carefully, use a metal offset spatula to release each burger from the tin. Serve with lettuce leaves, tomatoes, and mustard.