

# PT HAPPENINGS



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522  
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May 2021

## From the Desk of Eric

### Time Rolls On.....

Hi everyone!

I hope everyone is doing well and staying safe and healthy. The weather is starting to warm up as I write this, and the next week is going to be up in the mid 60s. I hope when this reaches you the weather is still warm and sunny as we move through the spring season. My daughters have started their spring sports which include soccer and softball. My 6 year old daughter is playing softball for the first time, bunches of 6 year olds running around with bats and throwing a ball at each other, what could go wrong..... My wife is coaching.

At the end of April my wife and I celebrated our 10 year anniversary. I would like to wish her a happy 10 year anniversary. I know Denise is surprised we have lasted this long and the reason I say this is because of a conversation that she was a part of just after we got married. We were at the Fleetwood pool advertising the business on the opening day of the pool. I believe there was a snow cone machine involved. At any rate my wife and I were discussing something as married people tend to do. I say discussing because that is what my Grandma always used to tell me she was doing with my Grandpa, but it sure seemed like arguing to me. This is the same Grandpa that bought her a leaf blower for Christmas, I am sure there was a lot of discussing after that. Denise was standing next to me and happened to overhear our discussion and said to my wife, "I guess the honeymoon is over." To which my wife replied without missing a beat, "It never started." Ten years later we are still together.

As the title of this article suggests time rolls on. Jordan our aide for the past 2 years will be leaving us for Alvernia, as she has been accepted into their PT program. She will be missed and has done an excellent job working with the patients and taking care of a lot of responsibilities both with the front office as well as working on the floor. Not to mention putting up with Chris and my antics /shenanigans. She will be leaving in June. Best of luck with your school work Jordan, we know you will make a great PT. As she begins her school, 2 other previous outstanding aides will be finishing up their schooling and I just wanted to wish Kaylie and Morgan good luck as they start their careers as physical therapists this summer, you will make fantastic PTs.

As time rolls on for some of you, perhaps you have picked up some aches and pains. Just because some time has passed for all of us does not mean you have to put up with pain and the inability to do the things that you want to do. **For the month of May the first six who call in and say, "If I could turn back time", to Deb or Denise we are offering for any aches or pain you may have a free trial of the cold laser. This is a \$60 dollar value. Give us a call today and start the process of turning back the clock on your pain and getting back to the life you want to lead, we can help.**



## INGREDIENTS

- 1 pound ground beef or vegetarian crumble
- 3/4 cup water
- 1/4 cup salsa
- 1 envelope taco seasoning
- 4-6 cups tortilla chips
- 4 cups shredded lettuce
- 1/2 cup pitted large olives sliced lengthwise
- 2 cups shredded cheddar cheese
- 2-3 cups cherry tomatoes

## INSTRUCTIONS

1. In a large skillet, cook beef over a medium heat until meat is no longer pink. Drain off any extra grease. Next, stir in the water, salsa and taco seasoning. Bring to a simmer and cook uncovered for about 10 minutes, or until most of the liquid is absorbed.
2. Place chips in a 13-in. x 9-in. dish. Next spread beef evenly over the top of chips.
3. Cover beef with a layer of lettuce.
4. Arrange olive slices together in the upper left corner to form stars. For the stripes, alternate tomatoes and cheese. I added a couple extra chips to the side of the dish for some extra crunch.
5. NOTE: If you are making this several hours in advance, skip placing the chips at the bottom of the taco salad and just serve them on the side.

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# Say Hello to Mitchell!!

Hi everyone! My name is Mitchell and I'm a second-year physical therapy student from Thomas Jefferson University. I was born and raised in the Allentown area and went on to receive my bachelor's degree in Kinesiology from Temple University. As I was growing up, the four big pillars in my life were family, sports, music, and food. Some sports I grew up playing include soccer, football, and basketball. In terms of music, I've played the drums since I was in 4<sup>th</sup> grade and enjoy listening to a wide variety of music ranging from Frank Sinatra to Meek Mill to John Mayer.

Going into my undergraduate studies at Temple, I knew I wanted to be in healthcare, but physical therapy had never crossed my mind. My first exposure to PT was as a volunteer at a local outpatient clinic in Allentown. I was drawn in by the focus on the physical/exercise aspect of rehabilitation and stayed for a whole summer since I loved building relationships and connections with the patients and faculty. The following summer I solidified my interest and desire to become a PT after working as a rehab aide at Shriners Hospitals for Children in Philadelphia. Here, I had the opportunity to work with children who had spinal cord injuries and got to see the positive impact and diversity that the physical therapy profession had to offer.

Since IMG-PT is my first clinical rotation, I still have two rotations left until I graduate. I'm excited to be one step closer to becoming a licensed PT and am fortunate to have the opportunity to learn in such a great environment. In the distant future, I plan to open up my own clinic and gym so I can continue to practice PT, build relationships with patients, and make a positive change in the community. Thank you for putting up with me and I look forward to spending the next couple months with you all!





"Everyone I worked with was great. Before I came I couldn't raise my arm in the air or move side to side without pain. Now everything is good. I got great help from everyone here." Florence H. 3-19-2021



"Due to Covid, I totally lacked muscle strength and mobility, after stays at the hospital, rehabilitation hospital, and in-home PT, I was ready for out-patient PT. My doctor recommended IMG-PT and I am so glad he did. IMG-PT is exceptional in offering and delivering knowledgeable, professional, and friendly physical therapy along with very accommodating scheduling. My therapist listened to my goals and tailored a plan for me. My therapist changed up my routine keeping me challenged as I progressed, and a healthy dose of humor keep me at ease. The therapists take great care and pride in their work that shows in the atmosphere and environment o the facility. My goal was to regain my life, my strength, and mobility to again be able to walk my English setter, Emma Gertrude. Thanks to IMG-PT for helping me regain my goals - I am again walking my doggie. I highly recommend IMG-PT to anyone looking for a PT practice." Rocky 3-29-2021

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