

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

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From the Desk of Chris Gordos

Hello,

By the time you read this hopefully I am back from my anniversary vacation with my wife from Punta Cana, Dominican Republic. Seventeen great years, and I am not just saying that because her family gets this newsletter!! This anniversary trip has become an annual trip away from the children and one that I look forward to the whole year. Don't get me wrong, I love my children, but getting some down time where all I have to do is read, go to the beach, and spend quality time with my wife is something that is worth more than all the money in the world. We did have to sweat it out a little this year concerning the hurricanes and whether the resort would be still standing, but luckily the island and our resort escaped major disaster.

Going on a vacation, no matter how big or how small requires a lot of planning. It involves hopes, assumptions, and expectations. Not being allowed to go on a vacation that you are planning is an awful form of a denial. I want to spend this newsletter talking a little bit about when our plans go wrong and are denied. This idea of denial is starting to really impact your care and all of our patient's health and ability to achieve their goals in their lives. The denials are coming from two factors. First and foremost are the large insurance companies who are limiting access to care. The second is the health system itself which is set up currently to reward quick fixes such as pharmaceutical prescriptions (ie. the opiod crisis), large health systems and corporations that control all levels of care, and incentives to not refer patients out for therapy and preventative services. Eric, Denise, and I are constantly hearing from past patients that they are being denied the option to come to our office.

I want to assure you all that you are allowed to come to our office whether you use your insurance or set up a cash payment. Eric and I have a special license that allows you to come even before you see the doctor (except Medicare and Medicaid). So the next time you have pain, dizziness, or balance issues please feel free to call us first and we will get you in right away. It is important to know that nobody can tell you that you cannot go to the therapist you want to see.

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The next time somebody tries to tell you that you have to go to one of their therapists, feel free to tell them you want to go to the crazy guys in Fleetwood who you know, like, and trust. Even if you only agree with 1 of the 3 prior items, we would be happy to see you.

Finally, if an insurance company is denying you care that you believe you deserve, please do not accept their decision. All insurance companies have appeals processes. In addition you have the right to contact the PA insurance commission and your local legislatures to let them know about your denials. When the insurance companies are told about the issue by our profession their answer has been, "We haven't been getting any complaints so we do not believe there is an issue." Can you believe that!!!? But if nobody complains they will continue to win and deny you the care you deserve. Back in 2000-2001 I was denied an "experimental" surgery and after 3 appeals and involvement from my local legislatures, the insurance company was forced to approve my surgery. I am a living example that you can get the care you deserve. If you need help, please let us know and we will find you the templates to use to send to your legislatures and PA insurance commission.

I just want to end my part by saying thank you to everybody who has trusted us in the past and into the future. We have seen over 1800 different patients since we opened. I am looking forward to hopefully meeting 1000s more in the next few years. Do not ever let anybody deny you what you deserve on the field, at work, in life, and definitely with your health.

One last note: Congratulations to Chris Wayno, AKA: Sunshine, for making the cover of Orthopaedic PT Practice. It is always great to see our past students succeeding.



IMG-PT Student Profile:

Madison Litwin

Hi! I'm Madison Litwin, but I usually go by Madi. I have 11 weeks left to get a nickname and I'm looking forward to it! I'm a third year Physical Therapy student at Alvernia University here in Reading. I earned a Bachelor's of Science in Kinesiology with a minor in Psychology in May 2015 from Penn State Berks, where I played soccer. I also interned here at IMG about three years ago, and that internship turned into a job as an Aide. I'm so grateful to be back where it (almost) all began!

I first became interested in Physical Therapy by accident when I was getting observation hours towards school for Physician's Assistance. I was in an Orthopaedic office where each patient either got an injection, or sent to PT. The PT facility was right next door, so they'd simply walk through the shared door and would receive treatment. Two weeks into my observation I walked through that door myself to observe what all the fuss was about and I haven't turned back. Being a PT allows me to make individualized treatments for many neuromusculoskeletal conditions allowing to regain function and improve quality of life... is that the job of a lifetime or what!

In my free time, I love being outside. Whether it's a walk, a hike, kayak or four-wheeler ride- you name it. I also will play just about any sport, but I like to think I'm particularly good at soccer. On chilly days though,



you'll find me inside reading a good book or my new found hobby- cooking! I love learning recipes from both sides of my family consisting of Puerto Rican, Greek, Italian, Polish and German backgrounds. Talk about good food! I'm working on getting the recipes right so that I can share them in future newsletters. Throughout my schooling I've met these three girls who have gotten me through the greatest challenge, and I definitely owe my coffee addiction, constant laughter and chin-shelf habit to them.



With PT school winding up, I'd like to thank Chris, Eric, and Denise for the constant teaching and fine tuning of this craft. This is such a positive learning environment, and I'm grateful for this opportunity. I learned so much in my short time here a few years ago and it's truly an honor to be able to finish up my schooling from those who taught me first.



STOP THE PAIN
Cold Laser Therapy

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CALL US
NOW FOR
FAST PAIN
RELIEF

Over 2500 worldwide medical studies have shown safe, proven relief for:

- ✓ Arthritis / Joint Pain
- ✓ Back Pain / Neck Pain
- ✓ Bursitis
- ✓ Carpal Tunnel Syndrome
- ✓ Fibromyalgia
- ✓ Heel Spurs / Plantar Fasciitis
- ✓ Knee Pain
- ✓ Migraine Headaches
- ✓ Muscle Pain / Spasms
- ✓ Nerve Pain / Radiculopathy
- ✓ Sciatica
- ✓ Shoulder / Rotator Cuff
- ✓ Sprain / Strain
- ✓ Tendonitis
- ✓ Tennis Elbow
- ✓ Trigger Points
- ✓ Whiplash and many more!

NEW BREAKTHROUGH SCIENCE FOR QUICK PAIN RELIEF & HEALING

Integrated Medical Group Physical Therapy provides **Cold Laser Therapy** at our Fleetwood, PA location for acute and chronic pain conditions as well as faster healing following surgery. Our lasers help you regain the active and healthy lifestyle you yearn for by utilizing the **power of light energy**.

Cold laser therapy works by supplying energy to the body in the form of billions of photons of light. The body absorbs this laser light, which our body uses as energy. The body then uses this extra energy to speed up healing. Laser therapy causes a decrease in swelling and pain and an increase in healing

A lot of the safety and effectiveness of cold laser therapy comes from its ability to promote the body to heal itself. The laser simply jump starts the healing process, and since the laser used is non thermal (the “therapeutic window”), there is no risk of tissue damage.

Our Solaris Laser utilizes dual wavelength technology to provide safe and effective healing and pain relief.

For more information please call us at 610-944-8140.



Pecan Pumpkin Cheesecake

TOTAL TIME: Prep: 30 min. Bake 70 min + Chilling
MAKES: 16 servings

Ingredients

Crust:

1 cup graham cracker crumbs
 3 tablespoons granulated sugar
 2 tablespoons butter, melted

Topping:

1 cup heavy whipping cream
 3/4 cup maple syrup
 1/2 cup chopped pecans, toasted

Filling:

3 packages (8 ounces each) cream cheese, softened
 1/2 cup granulated sugar
 1/4 cup maple syrup
 3 large eggs, room temperature
 1 can (15 ounces) solid pack pumpkin

2 tablespoons cornstarch
 3 teaspoons vanilla extract
 1 1/2 teaspoons pumpkin pie spice

Directions

Preheat oven to 325 degrees. Wrap a double thickness of heavy-duty foil around a greased 9-in springform pan. Mix cracker crumbs and granulated sugar; stir in butter. Press onto bottom of prepared pan.

Beat cream cheese, sugars and maple syrup until smooth. Add eggs; beat on low just until blended. Whisk in pumpkin, cornstarch, vanilla and pumpkin pie spice: pour over crust. Place springform pan in a larger baking pan; add 1 in of hot water to larger pan.

Bake until center is just set and top appears dull, 70-80 minutes. Remove springform pan from water bath. Cool cheesecake on a wire rack 10 minutes. Loosen sides from pan with a knife; remove foil. Cool 1 hour longer. Refrigerate overnight, covering when completely cooled.

For topping, combine whipping cream and maple syrup in a small saucepan over medium heat: bring to a boil. Continue boiling, stirring occasionally, until slightly thickened, 15-20 minutes. Stir in toasted pecans. Refrigerate until cold.

Remove rim from pan. Stir topping: spoon over chilled cheesecake.

To roast nuts bake in a shallow pan in a 350 degree oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

IMG-PT HAPPENINGS



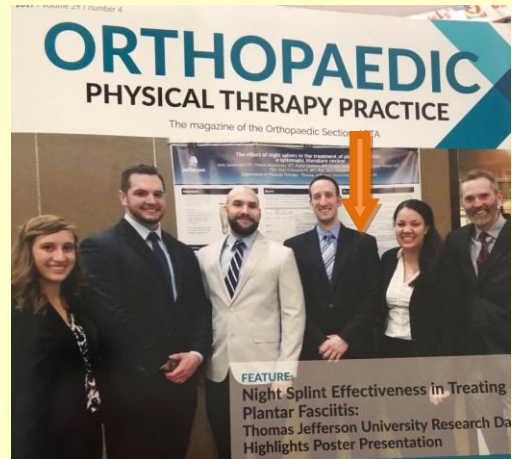
Mason (5) and Briley (2)



Kendall (5) and Shaylie (3)



2017 Corn Maze



Chris Wayno "Sunshine"
(see arrow)

We Welcomed three student interns to our office October 23rd. Alyssa F. from USciences and Madison L. and Kevin Y. from Alvernia University. They will be with us into the New Year.

The train display will be set up after Thanksgiving.

Patient Testimonials

Eric and Chris are Life Savers!! Their goal is always to improve my state of being - relieving my pain and encouraging my physical health. Sciatica caused me extreme pain. I could not sit, lay down or fall asleep. Sciatica attacks at any time of the day - left me helpless and hurting. Within 2 visits I was sleeping through the night. With their guidance I continue to improve. I am better and better every day. *Heather*

I came in with a lot of pain in my right knee and elbow. Had difficulty walking, kneeling, squatting and going up and down stairs. The pain in my elbow was making it difficult to do my job as a fork lift mechanic. I was given many exercises and therapy to strengthen muscles around my knee. I was doubtful that this would help. But after a few weeks my pain was gone in my elbow and much less in my knee. My job and daily activities were much easier and a lot less painful. The therapy was well worth the time and effort. Staff was very friendly and knowledgeable. *Todd*

Experience at IMG-PT was great. When I first came here I didn't truly think that my condition (sciatica) would improve to the degree it has, almost totally gone. My therapist, Aaron, was always professional and caring and has a good touch - he helped me a great deal! I would definitely recommend IMG-PT and the excellent staff. *Kim*

I am more flexible and can move about more freely. This was the 3rd facility I have used for therapy and this is the best. *John*

I had pain in my hip and now my hip doesn't hurt anymore. Everyone was nice to me. The students were great and will make great PT's. *Sandy*

My balance is better. I do exercises at home and I will continue to do them. Walking is a little better. I can go further than before. Hoping my lungs get better so I can breathe better. Thank you all for what you did to help me. God Bless! *Susan*

IMG-PT helped me recover after back surgery. The staff is fantastic and encouraging. Everyone cares about the patients. I was able to recover and strengthen my legs and back. I would recommend IMG-PT to everyone. *Charlene*

