

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522
www.imgpt.com - email: imgpt@imgpc.com - 610-944-8140



November 2018

From the Desk of Chris Gordos

Being Thankful

It is hard to believe we are at that time of the year again already! Thanksgiving has been my favorite holiday once I realized how commercialized Christmas had become, and how being thankful for what we have been given is much better than worrying did I get so-and-so a good enough gift? Eric, Denise and I have so much to be thankful for at IMG-PT and with our personal lives. I cannot believe how fast time is going by and how old our children have become. When I started here Denise's youngest was the same age that my youngest just turned in October. I cannot wrap my head around the fact that doubling the time I have worked here will result in my youngest child being my only child in College. In 9 more years Eric will have a child in HS.

One of the things I am most thankful for is the great students we have had since we have opened the office. We are welcoming our 72 & 73 full time students this month to our office. This does not count our aides, volunteers, and part-time students. As a high school student I always thought I wanted to be a teacher. Going to PT school I never would have guessed that I would have trained over 100+ students in my first 20 years out of school. As I get older they stay the same age. It keeps me young. And better yet, they keep Eric and me on our toes and teach us the newest techniques from across the country. Thank you to all of my past students and thank you to the ones yet to come.

As thankful as I am for a great staff and an amazing family, none of this would be possible without the most supportive and awesome patients in the United States. Without your trust, kind words, delicious treats, and your willingness to support our office I would never have been able to keep this office open, hire Eric, and train all of these students. We are now at a point where we have decided to hire a new therapist who will start in December. I cannot wait to tell you all about him/her!! They have a lot of energy and are going to do great things for the Fleetwood area patients. We are very lucky to have him/her agree to work with Eric and I.

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Eric, Denise, and I were looking for a way to say thank you to all of our patients for all of your past support. As a way to say thank you and to be able to give back to all of you and your families all year long we have decided for the next year we will be doing a monthly low back pain and sciatica workshop at our office for free. Maybe you have seen our advertisements on Facebook with my bright yellow IMG Polo shirt. If not, look for it. It was a lot harder than I thought doing all of those advertisements. Now I understand all of the car salesmen ads on TV. I am sure it will be worth a good laugh every now and then if they pop up in your Facebook feed. If you have a family member or friend who is in pain or in denial (even if it is you) please pass on our workshop information as we would like to help make as many people in our surrounding area as pain free as possible for 2019. Our next 2 workshops are on Thursday Nov. 15 at 6:30 and Saturday Dec. 15 at 9am.

All of us at IMG-PT wish you a **Happy Thanksgiving** and we look forward to helping out you, your family, and your friends!!!



Happenings at IMG-PT



Mason 6 & Briley 3



Shaylie 4 & Kendall 6



Halloween at IMG-PT



Amanda's senior day celebrations for Kutztown University volleyball.

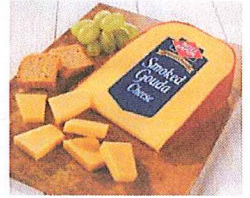


Friday, October 26th was Mark's last day here at IMG-PT. He will be missed by all. We wish him the best and look forward to receiving a graduation picture and career update to share in a future newsletter.

Free Low Back/Sciatica Workshop at IMG-Physical Therapy
Thursday, November 17th 6:30pm.
Call 610-944-8140 today to reserve your seat.

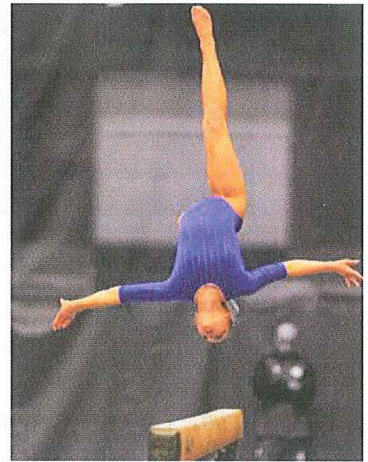
Student Profile: Brianna Compart

Hi Everyone! I am Brianna Compart or you may more commonly hear me referred to as "Gouda" at IMG-PT. I am at IMG until the first week of December - until then I will answer to any cheese name besides the smelly ones! I am currently a second year DPT student at Drexel University in Philadelphia. IMG-PT is my first clinical rotation out of three. I graduate in June 2020.



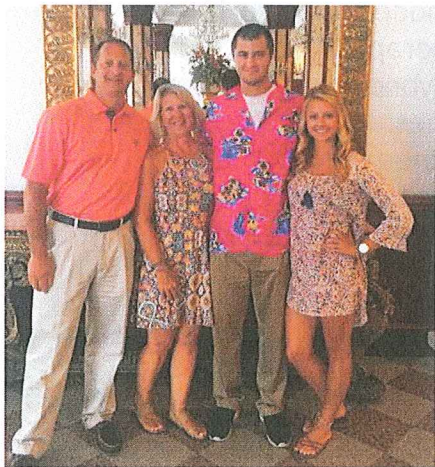
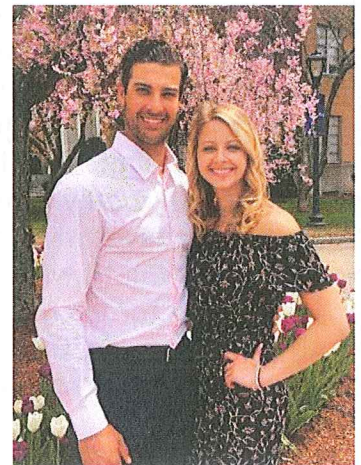
I grew up in Gilbertsville with my parents and brother Tyler. I graduated from Boyertown High School in 2013. I started gymnastics when I was only three years old and from then on, it has been my life. In 2017, I graduated from the University of Bridgeport in CT with a Bachelor's of Science degree in Exercise Science. I was fortunate to get involved in collegiate gymnastics and even become the captain of an incredible team. Some of my accomplishments with the team include the team winning the USAG National Championship and me winning the National Floor Championship title.

I first become interested in being a physical therapist when I injured my ankle in 9th grade, had reconstruction surgery, and had a long journey with a physical therapist to rehab my ankle back to competition ability. I spent a lot of time with my PT and I learned to trust her as she helped me regain my strength. She was dedicated to help me recover. At that point, I realized I wanted to become a physical therapist and make a difference in people's lives when they need it the most.



Some other interesting facts about me are that I love spending time with my family, friends, and boyfriend Ben, of course when I am not studying. My favorite activities are anything outside - including going to the beach, hiking, snowboarding, and bike riding. I love traveling and hope to continue after I graduate. Some of the places I have been to include South Africa, Amsterdam, Cuba, Bahamas, and the Dominican Republic. I listen to all types of music but my very favorite is country music and I enjoy going to country concerts - especially in the summer.

I am thankful for this opportunity at IMG-PT. I look forward to continuing to advance my education and assist patients to a speedy and safe recovery. Thank you everyone!





Patient Graduations!!



"Before starting therapy I was very limited with everyday activity & work tasks. Lifting heavy things was a struggle, turning my neck for things such as merging lanes while driving, doing yoga exercises & reaching in certain directions also gave me much pain. I had pain practically 24/7 before starting therapy. Now, I only have pain if I do things such as excessive walking (for work) & heavy lifting. I can move my head & neck in directions I couldn't before, without pain! I've learned ways to stretch & exercise my neck, shoulder & back that gives me relief. I no longer feel limited with everything I do which has not only given me more comfort but also relieves my stress from not being able to do what I want, when I want. I am so thankful for each & everyone of you!"
Aliyah M. 10-18-2018

"I have indeed gone to 100% in all my therapy. I thank each and everyone for helping me at all times. I will be getting my left knee done sometime soon. Will be coming back here for my therapy and hope everyone will be glad to see me again!!"
Pat M. 9-21-2018

"**Outstanding!** Everyone cares and does their best to accommodate every need & concern. Very professional but a warm, caring atmosphere. I was here for 2 different issues and both were successful therapy sessions. Love these people and what they did for me!!"
Peggy W. 10-18-2018

Trains
Are
Coming

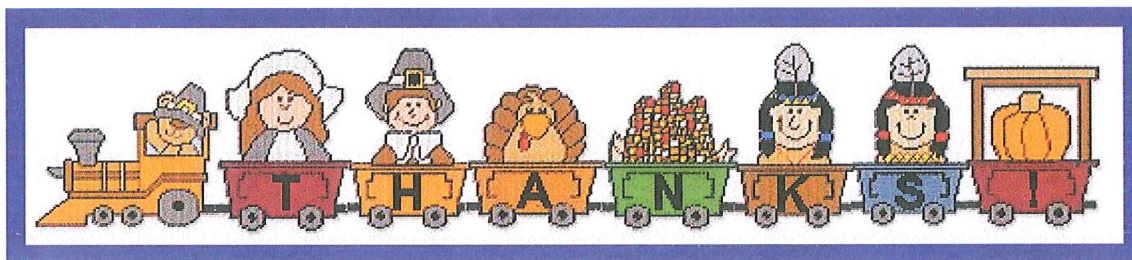


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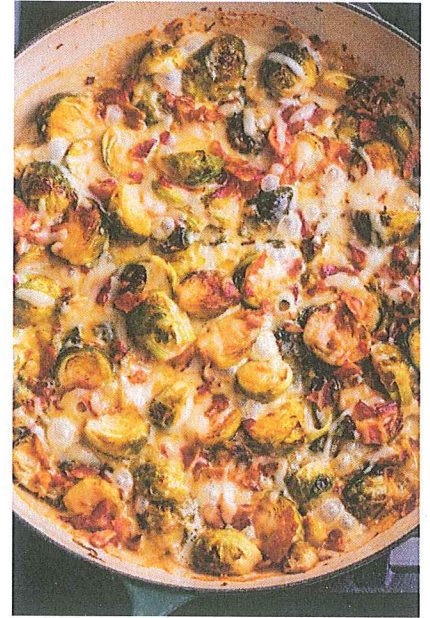
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RAILROAD
 ROADBED
 ROUNDHOUSE
 SLEEPER
 SPIKES
 STATION
 TERMINAL
 TICKET
 TIES
 TRAIN



Cheesy Brussels Sprout Bake

Prep time: 15 min
Cook time: 20 min
Total time: 35 min



INGREDIENTS

5
slices bacon

3 tbsp.
butter

2
small shallots, minced

2 lb.
Brussels sprouts, halved

Kosher salt

1/2 tsp.
cayenne pepper

3/4 c.
heavy cream

1/2 c.
shredded sharp white cheddar

1/2 c.
shredded Gruyère

DIRECTIONS

Preheat oven to 375°. In a large oven-safe skillet over medium heat, cook bacon until crispy, 8 minutes. Drain on a paper towel-lined plate, then chop. Discard bacon fat.

Return skillet to medium heat and melt butter. Add shallots and Brussels sprouts and season with salt and cayenne. Cook, stirring occasionally, until tender, about 10 minutes.

Remove from heat and drizzle with heavy cream, then top with both cheeses and bacon. Bake until cheese is bubbly, 12 to 15 minutes. (If your cheese isn't golden, switch oven to broil and broil 1 minute.)