

# 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



October 2017

## From the Desk of Eric Parrish

Not all who wander are lost.....

Hello to All,

I hope that you got to enjoy some of those last few warm days in September. Looking at the weather forecast it looks like more seasonal Fall weather is on the way. Fall weather is my favorite, not too hot, usually comfortable wearing a light jacket on those cool crisp evenings.

One of my favorite activities in the Fall is going to a corn maze. Being from Kansas originally, there are lots of corn fields, but prior to moving out here in 2002 I had never been to a corn maze. When it was suggested by some friends I had met out here, the idea seemed a little strange, wandering around aimlessly in a maze of corn.... this is supposed to be fun? To my surprise I really enjoyed it. I like being outside, and wandering through a maze of corn in the beautiful fall weather really appealed to me. I make an effort to go to a corn maze every year, and almost every year I have made it.

In my years of going through the corn maze, I have found that peoples personality can come out while making their way through the corn maze. One type of personality is the leader. This is the person who takes the map and is intent on following it precisely around each bend. They know exactly where they are at all times and where they need to go to accomplish the task at hand, getting through the maze as efficiently as possible. Then there are the followers, these people are laid back and allow others to take the lead. They are content to wander through the corn following others just enjoying the walk. There are the jokers, these are the people who throw the kernels of corn at others and jump out and try to scare people in the group from behind rows of corn (aka Chris Gordos). Finally, there is my favorite group, the paranoid and anxious. These are the people who are convinced they have gone the wrong way and that they are never going to make it out of the maze, they also may be afraid about the possibility of running across strange people (Chris) or animals in the corn maze. These people have seen one too many horror movies. They do provide a lot of entertainment however.

2016 Corn Maze attendees

### INSIDE THIS ISSUE

From the Desk of...	1
Happenings from IMG-PT	2
Tai Chi Benefits	3-6
Recipe	7
Stromboli Challenge	8

One of my favorite things that happens is when a person who likes being in one group is forced to be in another group. This usually occurs when one of the leaders leaves early and a follower is forced to be the new leader. The follower is not usually as focused and soon the group is lost, but the new leader does not want to let on that this is the case, kind of like running around yelling, "We are all going to die!" It does not inspire much confidence as the leader. Unfortunately, it soon becomes quite clear that the group is totally lost and the paranoid and anxious people are really beginning to lose it, and just when you think all hope is lost and you will never make it out, the group makes the decision to use the dark arts of the corn maze (also known as cheating) and just walk out through the rows of corn.

Maybe you feel like you are wandering around aimlessly without direction for your health and wellness. Don't worry, not all who wander are lost. We are here to help you meet your goals for health, wellness, and fitness. This month we are offering free 15 minute consultations on whatever may have you feeling like you are wandering aimlessly with your health, not getting where you want to go. These issues could be low back pain that limits your ability to do things with your kids or grandchildren to dizziness which may limit your activities for fear of falling/feeling safe. Let Chris and I help give you direction and get you out of the maze, and back doing the things you want to do.



# Happenings at IMG-PT



Gabrielle Moser graduated from University of South Florida August 2017. She has moved back to her home state of Missouri where she will be taking her PT Boards October 25th.

*REFER A FRIEND  
and  
GET A GIFT!!*

*They must come in four or more visits for you to receive either a t-shirt, flashlight, cooler bag or drawstring bag. If you send a second person who comes in four or more visits then you will receive a \$25 gift card, 3 or more referrals will earn you a \$50 gift card.*

*THANK YOU!!*



Look for us on Facebook:  
Integrated Medical Group  
Physical Therapy (IMGPT)

Coming Soon:  
**GREATEST PROMOTION EVER**  
More information in the next newsletter



## Ezy (Easy) Tai Chi<sup>1</sup> and its Benefits with the Older Population

### What is Tai Chi<sup>2</sup>?

- Tai Chi (TC) is an exercise/ martial arts form that originated in China and has been around for hundreds of years.
- It focuses on taking polar- opposite ideas, 'yin' and 'yang', and finding a natural balance between the two.

### Why target the older Population?

- The older population are more susceptible to falls<sup>3</sup>.
  - 1 in 3 people will experience a fall.
  - 1 in 2 who had experienced a fall within the past year will have a repeat fall.
  - 1 in 4 will experience an injury from the fall ranging from minor bruises to a hip fracture.
- The older population tend to be more inactive<sup>4</sup>.

### What are the benefits of TC?

- Individuals who partake TC may experience improved:
  - Balance
  - Walking
  - Strength, especially in the lower extremity
  - Flexibility
  - Pain control
  - Self-Esteem
  - Decreased fear of falling

### How do I know if TC is for me?

- If you have noticed unsteadiness, weakness, or tightness.
- If you are experiencing pain.
- If you noticed increased inactivity.
- If considering TC, remember to discuss with your doctor before beginning TC.

### How do I begin?



- This program is from EzyTC, an abridged version of Yang TC. Yang TC is one of the most common and well received forms of TC around the globe.
- It focuses on 10 core concepts.
  1. Maintaining head in an upright position.
  2. Eyes are focused in direction of moving limb.
  3. Close the mouth.
  4. Body is centered and upright.
  5. Arch the chest and round the back.
  6. Relax the waist.
  7. Sink the shoulders and elbows.
  8. Extend the fingers and relax the wrist.
  9. Arms and legs are to follow each other.
  10. Distinguish *insubstantial* and *substantial*.
- TC emphasizes on the insubstantial (non-weight bearing) vs substantial (weight bearing) leg. Alternate weight between each leg.
- Breathe in slow and deep. Rule of thumb is to breathe in during upward arm motion and breathe out during downward arm motion.

### Precautions and Disclaimers

- If pain persists, produced, or intensifies during activity, please call the office to discuss symptoms.
- If you have experienced a previous fall or instability, discuss with a health professional at the office prior to beginning exercise.
- If you have any problems or concerns, please call the office.
- We are not tai chi experts and are utilizing and referencing resources provided to us. Findings have shown benefits with the general population but if you have comments or concerns about the exercise, kindly let us know and we will try to best answer it to the best of our knowledge within our scope.

### Helpful links that are highly recommended to view/ watch prior to performing exercise

- To view the full manual by the authors of Ezy Tai Chi, go to:  
<http://healthyaging.ori.org/easytaichi/manual.pdf>
- To view the pictures in better quality, go to:  
<http://healthyaging.ori.org/easytaichi/photoweb/index.html>
- To view a video copy of the complete routine, go to:  
[http://healthyaging.ori.org/easytaichi/8\\_FormEasyTaiChiBig.wmv](http://healthyaging.ori.org/easytaichi/8_FormEasyTaiChiBig.wmv)

Form 1: Commencement Form	Form 2: Repulse Monkey
 <p>Bring feet together. Arms should hang on both sides with palms facing back.</p> <p>During initial inhale, raise both hands to shoulder level and simultaneously take half step to left with left foot (now shoulder width apart)</p> <p>During exhale, keep slight bend at elbow and knee. Face palms forward while returning arms down to side.</p> <p>Direction of Movement (DoM): centered until both hands reach shoulder level</p>	 <p>Weight shift to right leg while turning torso 45 degrees to right with arms at shoulder length making a 90-degree angle with each other.</p> <p>During transition to left leg, bring left arm to side of body pretending you are “holding a ball” while pushing “the air” with right hand at shoulder height.</p> <p>Maintain right hand at shoulder level but rotate palm up while simultaneously turning torso to left 45 degrees, shifting weight to left leg and bringing left arm to shoulder level.</p> <p>DoM: Right then left. Repeat 2x</p>

## Form 3: Grasp Peacock's Tail



Form 3 Includes 4 sub-sections  
(Ward-off; Pull back; Press; and Push)

**Ward-off:** Start off by shifting weight to the right leg with right arm on side and left arm in front. Lift left foot up and rotate it outwards at 90 degrees while bringing both arms in front of body with elbows bent. Once weight shifts onto left foot, extend right arm in an oblique angle while extending left arm at eye level.

**Pull back:** With weight on left leg, turn torso slightly left and meet right arm to left arm. During weight transfer to the right leg, swoop both arms down past abdomen back to shoulder level on right side. Return torso and arms back to neutral during exhalation.

**Press:** Begin by having weight on right foot. Bring both hands closer towards abdomen then push forward with hand and wrist relaxed while shifting weight to left leg. Bring both arms back to chest.

**Push:** Rock weight towards right leg with palms now facing forward but arms still in same location. Rock towards left leg and extend arms out in a pushing motion.

DoM: Left then right 1x

## Form 4: Move Hands like Clouds




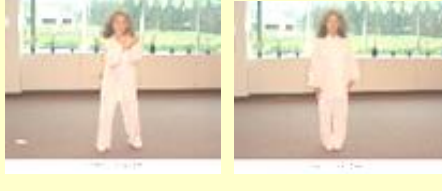


At the end of Form 3's Push, shift weight gradually to the left leg while rotating torso to the left. Simultaneously have left arm bent moving downwards and right arm extended palms facing body moving in an arc upwards.

With weight now fully onto left leg, raise left arm up in an arc. Right arm follows downwards. Simultaneously, lift up right leg and join it with left.

After joining right leg with left leg, gradually place weight onto right leg while having right arm bent moving downwards and left arm moving in an upward arc to the right. At full weight-bearing on right leg, raise left leg and move outwards back to original position.

DoM: Left. Repeat 3x

<p><b>Form 5: Fair Lady Works at Shuttles</b></p>  <p>At the end of Form 4, begin by raising left foot and move outwards 45 degrees to the left. Begin weight-bearing shift to left leg and raise left hand moving upward pretending you are blocking an opponent while right hand is simultaneously pushing forward and outward.</p> <p>Momentarily shift weight back while dropping right hand to the side and left hand at shoulder level. Rock back to left leg bringing right hand to abdomen level while raising right leg. Bring right foot outwards 45 degrees to the right.</p> <p>DoM: Left then right 1x</p>	<p><b>Form 6: Golden Cock Stands on One Leg</b></p>  <p>Slowly drop both hands to the side and slowly shift weight to the left leg. Raise both the right leg and right arm in unison (pretend there is a string connecting right arm with right leg).</p> <p>Slowly lower right arm and right leg and shift weight onto right leg. Repeat with raising left arm and leg.</p> <p>DoM: Right then left 1x</p>
<p><b>Form 7: Brush Knees and Twist Steps</b></p>  <p>At the end of form 6 while maintain left leg in air, lower left leg against right leg. Turn torso to the right with right hand circling upwards above ear level. Left hand follows right hand. Positioning of hands appear as if holding a violin.</p> <p>While turning torso to the left, lift left leg again and take a step forward. During transition of weight to the left leg, push left arm past left knee and right arm away from chest both palms facing outwards. Momentarily rock back on right leg while bringing arms momentarily in. Transfer weight back onto left leg and repeat on right leg.</p> <p>Left then right 1x.</p>	<p><b>Form 8: Closing Form</b></p>  <p>At the end of step 7, bring left foot forward back to shoulder width apart. Have knees bent. Simultaneously raise both arms to level of face with hands crossed, palms facing towards the body, fingers pointing upwards.</p> <p>At the end of inhalation, uncross hands and rotate palms facing outwards. Return arms to side with bend at knee during exhalation.</p>

# sHOOFLY CUPCAKES

## Ingredients

4 cups all-purpose flour  
2 cups packed brown sugar  
1/4 tsp salt  
1 cup cold butter, cubed  
2 tsp baking soda  
2 cups boiling water  
1 cup molasses



## Directions

1. Preheat oven to 350°. In a large bowl, combine flour, brown sugar and salt. Cut in butter until crumbly. Set aside 1 cup for topping. Add baking soda to remaining crumb mixture. Stir in water and molasses.

2. Fill paper-lined muffin cups two-thirds full. Sprinkle with reserved crumb mixture. Bake 20-25 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes before removing from pans to wire racks to cool.

Yield: 2 dozen

**Stromboli Challenge  
9-22-2017  
Tyler, Aaron and Ryan**

So Ryan was the first to accept the challenge that he could complete a whole stromboli from Snuzzles. As you can see from the pictures, they tell a different story.

