

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

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October 2018

From the Desk of Eric Parrish

Fall Fun.....

Hello All,

I hope you are doing well and surviving some more of this wet weather we have been having. I know I am ready to get a little dryer weather for the fall season, not that I am complaining when I see the devastation the people in the Carolina's and Florida have had to endure. I will say that my lawn tractor did not survive the season, the grass kept growing throughout the year and the lawn tractor finally conked out a few weeks ago. Chris also thought his push lawn mower had seized up, but on further inspection just realized it was too clogged up with grass to pull the cord to start it. After removing the grass it was back in action, an impressive relic still running after 19 years.

I always look forward to the fall season. Watching the leaves change and that crisp feel in the air, just right for a light jacket. This fall my wife and I find ourselves a little bit busier with our daughters activities. They are now both playing soccer, so there are two practices to get the girls to plus games. There are dance lessons and horse riding lessons as well. For me this is getting busier.... for Chris all these activities put together and done in one day is called a normal Saturday. The fall does seem to go by quickly, partly because of the business of kids being back in school and all of those demands, plus the increased athletic or extracurricular activities the kids might have. My wife would call it getting back into the routine. If routine means feeling more tired and exhausted at the end of the day and the week then I would say we are getting back into the routine. Before fall is over try to take a walk and take in the fall foliage or enjoy a seasonal fall activity like a corn maze or pumpkin patch. Take some time to enjoy each season and the unique things it has to offer, because like summer before you know it fall will soon be gone.

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HAPPY HALLOWEEN

While you are out trying to enjoy all the fun activities fall has to offer you may feel a little like Chris's push lawn mower, a little seized up and stiff and not able to get started. We want to help you just like Chris helped his lawn mower by getting you "unstuck".

For this month we will be offering a free consultation for people 50 and older for general tightness and stiffness and discussing ways you can help loosen up those areas and get back to all your favorite fall activities. So if you have a stiff back or tight shoulder or just feel less limber overall this is for you. Just call our office today and mention the words "rusty lawn mower" to schedule your free consultation.

Thank you to all of you for your support of IMG Physical Therapy and allowing us to treat you, we would not be here without your support. The IMG PT family wishes you a great start to the fun fall season!

Are you over 50 and experiencing muscle stiffness & tightness? Give us a call today to schedule a FREE consult to learn how we can help.

610-944-8140

expires November 18, 2018

Employee Profile: Mark Behler

My name is Mark Behler and I am in my second year of the Doctor of Physical Therapy program at Arcadia University in Glenside, PA. In 2013, I completed my undergrad work just down the road at Albright College and earned my degree in accounting and mathematics. After spending a year working as a financial analyst for a small community bank in Schuylkill County, two years as a staff accountant at a public accounting firm in Exeter, and one more year completing the prerequisites for PT school (turns out accounting and PT do not have a lot in common), I finally started the DPT program at Arcadia in Fall 2017. It took me a little longer than most to figure out what I wanted to do with my career, but I know that PT is the right choice for me.



School tends to keep me busy all day every day but I always make time for the gym at least once a day (usually 2 or 3 times per day on weekends). I started getting into lifting around 2013 and never looked back. I love weightlifting and bodybuilding but I do not compete in either, it's just something I like to do for me.

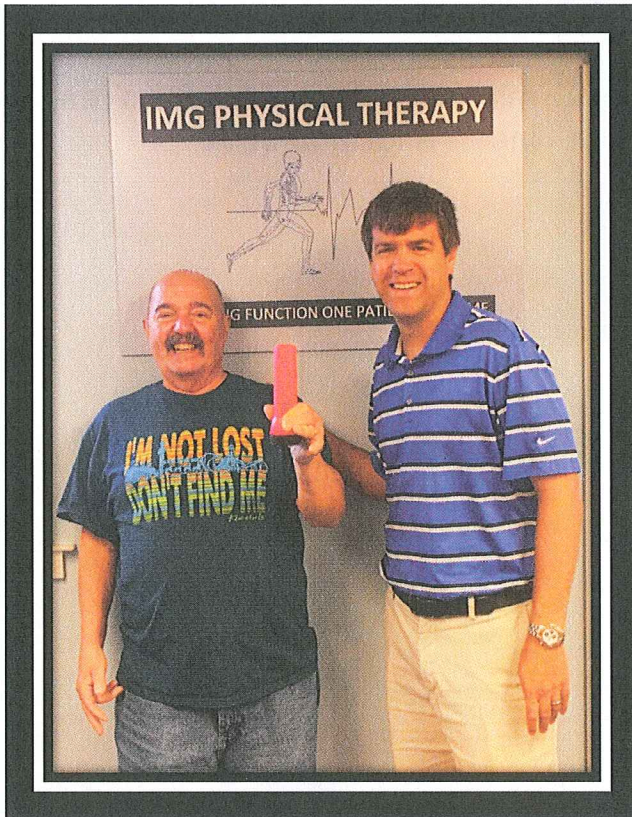
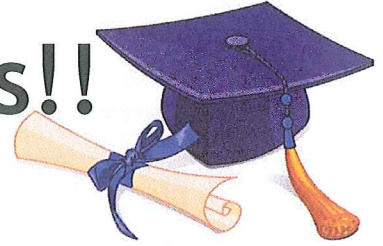
My motivation is the competition with myself to be better than I was the day before and there's nothing like that feeling when you hit a new PR!

Just a little extra background info, I am from Deer Lake, PA and attended Blue Mountain High School where I played soccer, baseball, and basketball. I love being outdoors especially hiking (Hawk Mountain is one of my favorite spots) or playing pick-up soccer with my class. I am a diehard Steelers fan, sorry Chris. When it comes to music, I listen to a little bit of everything, but country music is my go-to. I am currently on my 5th Subaru and will never own anything but Subaru, until I can buy a truck or Harley that is.



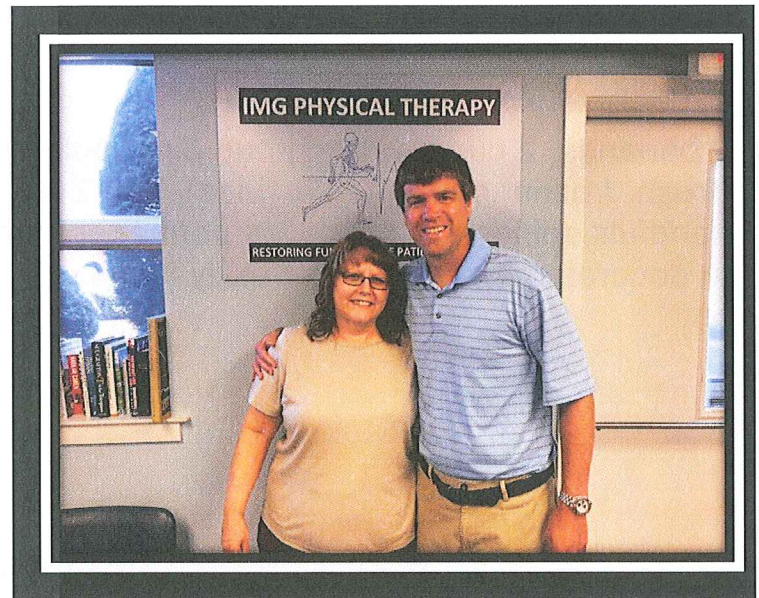


Patient Graduations!!



"I was falling all the time. No falls in over a month. Could not mow grass and now I can mow grass. Could not stand long and now I can stand an hour at a time. I do not need a walker or cane anymore. Did a great job at rehab with me. Thank you everyone so much."

Eugene S. 10-10-2018



"Pain and numbness in my leg prevented me from doing most things prior to physical therapy. Now even though I'm not at 100%, I feel so much better."

Marsha V. 8-6-2018





Sometimes they're dipped in yogurt and rolled in coconut. I take the easy way out: Cut a banana in half, press in two mini chocolate chips for eyes, and insert a lollipop stick

2 bananas, 2 cups water, 1 cup pineapple (fresh, frozen, or canned in juice), and 2 large handfuls spinach or kale. Use permanent marker to decorate plastic cups with silly faces.

