

# PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



October 2019

Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522  
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## From the Desk of Eric Parrish

Peak Season.....

Hello All,

I hope everyone is doing well and having a great start to the fall season. It has been a little warmer than normal, but always good to have the warmer weather a little longer. My girls are both back into fall soccer and dance/gymnastics as well as the regular school routine. No more sleeping in like they got to do in the summer.

As most of you have heard me say before, fall is my favorite time of year. I like the cooler weather and the fall sports season. I also enjoy getting out and enjoying fall colors. As the title of this article suggests I wanted to look up the exact date that the leaves should be at their peak colors. The date for Pennsylvania is around Oct. 16<sup>th</sup>. For those of you who like to travel the peak dates for seeing the leaves in Maine, Vermont, etc. is Oct. 5<sup>th</sup>. By the time this newsletter is released you may have to get in your Delorian time machine and drive directly up to see the leaves at their peak in the upper north east. Do not fear if you have missed the time line we are sending our fearless correspondent in the field, Andrea, to get some great pictures of the fall foliage at its peak from Maine. Look for these pictures on Facebook and also in the upcoming newsletter. One of my favorite places to check out the fall foliage around here is along Gring's Mill trail. If the elements come together just right it is a spectacular canopy of color. Another great place to check out the fall foliage, but a little farther drive is Mount Gretna. You can climb up the old fire tower and have a great view of the surrounding countryside draped in all its fall glory. You can even look for some glacial rocks that are in the shape of a dinosaur. This month we will be doing the fall foliage picture contest. A free BBQ set to the person who submits the best picture on Facebook or mails in a picture. The picture will be featured in our next news letter along with the winner if they so choose.

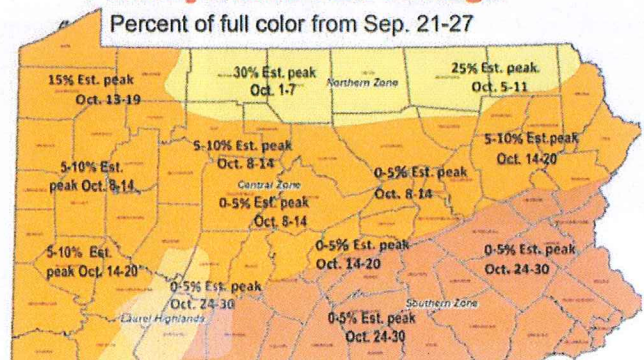
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For those of you who don't feel like you are feeling at your peak, balance wise, we are offering free screens for people or their loved ones who may be at risk of falling. Call Denise to schedule your free screen today and mention the key phrase "Peak Performance" to Denise to receive a free multi use hot/cold pack at your screening.

Finally I would like to take a moment to remember Dr. Hippert, who passed away the 24<sup>th</sup> of September. He was a kind man and an excellent physician. I also shared his enjoyment of model railroading and he would come and see the train display every year and would talk about the display he had set up in his basement. He took his time with people and with his patients. He helped me with some health issues I was having and countless others. He gave back to the community in so many ways and was liked and respected by all who met him. I will miss having him around the office, and his kindness and wisdom. I am grateful, like so many others I have talked to, to have gotten to know him and seen firsthand how he cared for his family/friends, community, and his patients. He will be deeply missed.

### Pennsylvania Fall Foliage



# Say Hello To: Carolyn Moy



Hello everyone! My name is Carolyn Moy, and I am a student physical therapist from Drexel University who will be working with you all until December 6. I grew up in Exeter Township with my parents and my two older brothers, Chris and Kevin, so it has been very nostalgic to return to the area for my first clinical internship.

I received my bachelor's degree in biology at Drexel University in 2015 with no clue what to do next. I was fortunate to be able to work at the Children's Hospital of Philadelphia as a pharmacy technician, which exposed me to the variety of health professions needed to provide excellent care for patients. I was drawn to the rehab unit of the hospital, where I would see the whole medical team for one patient come together with family members to discuss the next step for the child. I strongly believe in an inter-disciplinary approach for patient care, and felt that as a physical therapist, I would be in a good position to foster that practice.

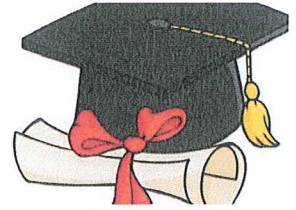
When I'm not studying for classes, I enjoy reading, tending to my plants, and spending time with my boyfriend, Nico, and my group of friends that I made in PT school. We met when Nico worked at a popular food truck on Drexel's campus, and we hit it off over the simple pleasures of a good meal and a scary movie. We also have two cats named Ellie and Loaf, who I have trained to do sit, paw, and high five (so far). My friends and I enjoy having hot pot nights (see picture below) and scoping out deals in Philadelphia, like axe throwing!

What I like about physical therapy is that there is always something new to learn or a new perspective to gain. I have enjoyed my first week so far and am looking forward to getting to know you during my time here and helping you achieve your goals!





# THEY DID IT!!



"When I arrived on the scene I staggered like a drunk. My balance was at about 60%. After about 6 weeks of therapy I improved to 90%.

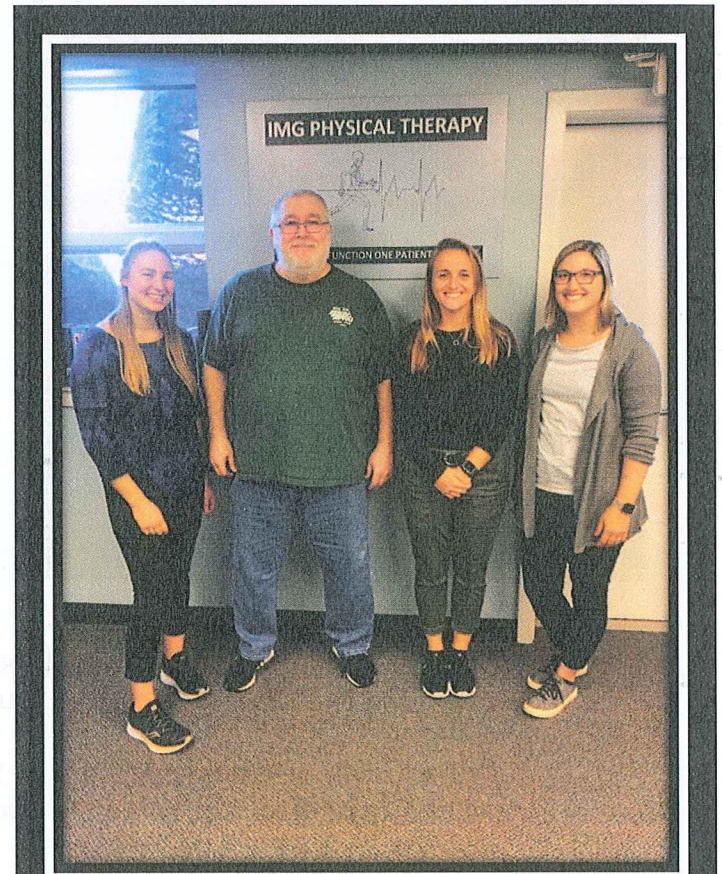
I recommend this therapy to anyone who wants a big improvement."

Richard N. 9-19-2019

" Great time, recommend this place to everyone. Has a warm welcoming feeling. Everyone is nice and friendly.

I had a hard time driving, getting down on the floor to play with my son. Couldn't even walk straight. After therapy here, I can do everything and more. I can finally walk upstairs one leg at a time, no longer in pain."

Helena D. 9-25-2019

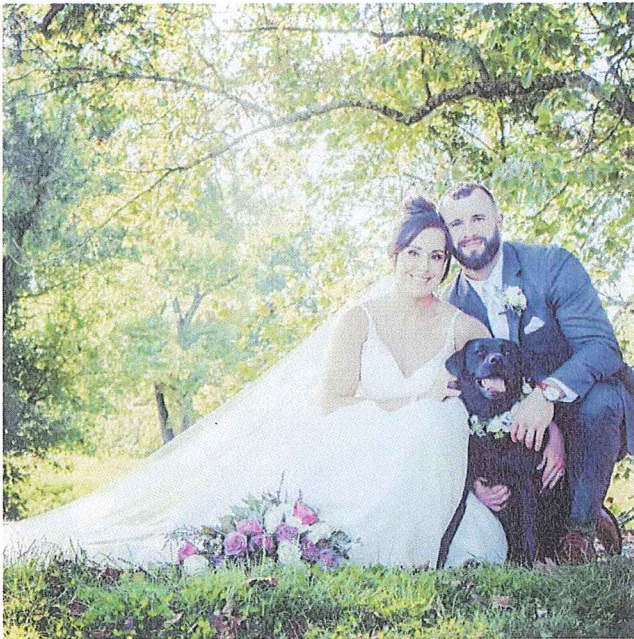


"I started physical therapy because of pain, weakening of my left shoulder. My range of motion was limited. I had trouble lifting my left arm all the way up. Pain/irritation in my left shoulder interfered with sleep. Now, I have no trouble lifting my left arm. I sleep like a baby. I found all the people at IMG-PT to be courteous, knowledgeable and professional. It was truly a pleasure to work with them. Andrea, my therapist, was quite helpful. Thanks to all for a good experience!"  
Joe Q. 9-19-2019

**Our Patient's Are  
The Best!!**  
Thank you for your  
trust and support by  
sending us your  
family and friends.  
We couldn't do what  
we do without you.



# PT UPDATES



Congratulations to Dr. and Mrs. Timothy Bullis!! Tim and his beautiful wife, Liz, were married September 21, 2019 along with their dog Tilly. Tim was an intern here October-December 2014 and graduated from Misericordia 2015. We wish you both a fantastic life together.

Student Interns: Carolyn M. will be with us until December 6th and then returning to Drexel University. You can read about her on page 2.

Chris C. will be joining us from U. Sciences; October 21-February 7, 2020. EJ S. will be joining us from Alvernia; October 21-January 10, 2020. Watch for their profile's in a future newsletter.

## SHOULDER PAIN?

## ROTATOR CUFF TEAR? THINK PHYSICAL THERAPY BEFORE SURGERY

A FREE INTERACTIVE WORKSHOP

Thursday, November 14th @ 6:30 pm  
IMG-Physical Therapy  
610-944-8140

15 seats  
available



# Halloween Spider Cracker Snacks

## INGREDIENTS

- Round crackers such as Ritz
- Pretzel sticks
- Cream cheese (the tub version is easier to spread), unsalted peanut butter, almond butter or any spreadable nut butter
- Small dried fruit such as raisins, blueberries or cranberries (or even mini chocolate chips)



## INSTRUCTIONS

1. Spread cream cheese, peanut or almond butter (make sure the butter isn't runny otherwise it won't hold) on two crackers so that it's thick enough to secure the pretzels.
2. Break 4 pretzel sticks in half.
3. Place the 8 broken pieces around one cracker to look like spider legs.
4. Take the second cracker and sandwich the pretzel sticks in between the two crackers, without them moving.
5. Dip two raisins in cream cheese or nut butters and stick them to the top of one side of the spider for eyes.
6. Serve immediately or within a few hours at the most.
7. Tip: Use more pretzels to create a sun instead of a spider.



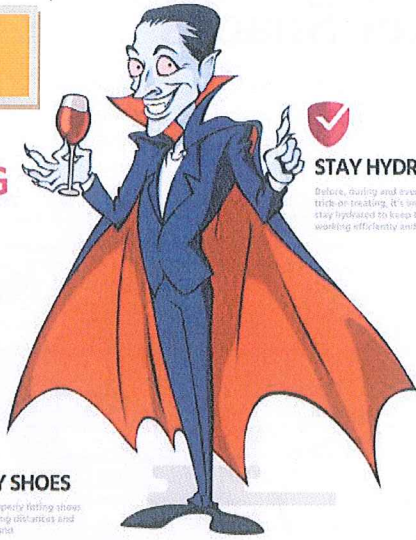
**IMG**  
Physical Therapy

### RECOMMENDED TRICK-OR-TREATING SAFETY TIPS



#### WEAR COMFY SHOES

Wearing supportive and properly fitting shoes is essential when walking long distances and trekking across uneven ground.



#### STAY HYDRATED

Before, during and even after trick-or-treating, it's important to stay hydrated to keep the muscles working efficiently and effectively.



#### AVOID RESTRICTIVE COSTUMES

Costumes or accessories that drag on the ground or restrict full range of motion can increase the likelihood of stumbles and falls, so be sure trick items are fitted appropriately.



#### ALWAYS STRETCH

Keeping the muscles flexible and strong helps to maintain range of motion in the joints, so be sure to always stretch before any physical activity - consider the following recommended stretches:

- Hamstring stretch
- Calf stretch
- Quads stretch
- Shoulder roll
- Toe touch
- Side of Trunk Stretch (for those with swimmers)



#### AVOID OBSTRUCTIVE MASKS OR EYEWEAR

To avoid trips, trips and falls, masks and goggles need to allow for full vision.



If aches and pains are getting in the way of your daily activities, take action now!

