

PT HAPPENINGS



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October 2020



From the Desk of Andrea



Hello everyone! I hope this newsletter is finding you all safe and healthy! We have officially made it to October, which is personally my favorite month of the year. I pretty much love all things fall, and Halloween just so happens to be my favorite holiday! For Halloween this year, most of the staff will be dressing up on Friday, October 30. We invite our patients to dress up (as long as it is appropriate and you can still complete your exercises!), OR please feel free to email us photos of your costumes and we will vote on a winner for a prize, which will most likely be a feature photo in one of our newsletters. Email your photos to : imgpt@imgpc.com.

I wanted to give some updates on the office. This past month we had to say “good-bye” to Jeff W. from Temple University and Natalie H. from Thomas Jefferson University. Both students were awesome to have around the office and will be greatly missed! You will also notice some new faces. Dana is our new front office coordinator. She is the happy face you will see alongside Denise when you first come into the office. Dana is joining us all the way from Elizabethtown but is looking to move into the “vortex” of Fleetwood soon! She is also a coffee addict like Jordan and I, so I think we will get along just fine! We also welcomed Kasey F. from Arcadia University, she will be with us until October 30! Keep an eye out for her profile in our newsletter.

I wanted to take a moment to thank all of our past and current patients for being so amazing during these unprecedented times. We appreciate that you have all been understanding and compliant with the guidelines that have been put in place in order to keep our patients and staff safe. You have all allowed us to feel safe and to be able to keep IMG-PT up and running! We also wanted to thank all who have participated with our first ever GPE (greatest promotion ever), where Chris, Eric, and I did an entire day of free screens for past patients and new patients. It's events like this that allow us to serve the greater community and to also spread the word about what IMG-PT is all about! Keep an eye out for these events and don't ever hesitate to give us a call if you feel IMG-PT can help you in any way!

We look forward to hearing from you and to seeing all of your “spooky” costumes soon!





"Everyone was very helpful and concerned. They were very professional in their evaluations and treatment. When I started my right knee was stiff and somewhat swollen which affected my back and walking and sitting which caused pain. My knee is now very flexible and my pain is much less. It is 0-1. The exercises and stretching have greatly improved my flexibility and ease of movement."
Dorothy M. 7-30-2020

"My physical therapy experience was exceptional. I recommend this office completely. Everyone was a delight to work with. Thanks to everyone for helping me feel better and attain my goals." Bridget F. 8-5-2020

"After knee surgery I had a lot of pain and was not able to walk freely. The staff was so kind & caring to help me rehabilitate to normal move ability (mobility). I would highly recommend IMG-Physical Therapy to anyone who needs therapy. This is my second time working with IMG-PT." Stephanie A. 8-12-2020

We have resumed our workshops. Watch for more information in your email and on our FB page. Seating will be limited and arranged 6' apart per CDC guidelines.

Follow us 😊



Hello Kasey.....

Hi Everyone!

My name is Kasey Frey and I am a second year PT student at Arcadia University (previously known as Beaver College if you didn't recognize the new name). I will be with IMG PT for a total of 8 weeks for my very first full-time clinical rotation! I am so excited to get out into the field and get these initial experiences as a young student physical therapist. I want to thank the IMG PT patients, staff, and community in advance for allowing me to learn and grow here in this phenomenal office!

I became interested in physical therapy when I was a sophomore in high school after my first experience getting injured as an athlete and having to go to physical therapy in order to return to sport. Since then, I've come to realize that physical therapy is so much more than sports injuries and strengthening, and I have grown a passion for all aspects of the profession.

I attended undergrad at Arcadia as well, majoring in healthcare administration. Thus, a large part of my interests fall into the behind the scenes work that goes into providing health care and physical therapy. For example, Arcadia is in the process of opening up their very first student led pro bono clinic on campus, where we will provide physical therapy services free of charge to underserved residents of Philadelphia. Largely due to my background in healthcare administration, I was lucky enough to get the position of Clinic Coordinator for this new clinic. So, in my spare time, I am usually on my computer hosting Zoom meetings with the rest of our student board, trying to check items off our list until we can get our clinic up and running.

If I am not doing school work or working on our pro bono clinic, I am likely either hanging out with friends, or am doing something active outside. My favorite outdoor activities are running, biking, snowboarding and golfing. Every Saturday afternoon in the fall, you can find me with my family and friends cheering on the Notre Dame football. I am also a big Flyers fan, in fact, I have tickets to a flyers game waiting for me once the COVID craziness goes away!

I hope this letter gives everyone the chance to get to know me a little bit. I look forward to these upcoming weeks getting to know the IMG PT community and getting to learn from Chris, Eric, Andrea and all the rest of the staff and patients in the office!





Candy Corn Cupcakes By Women's Day Kitchen

Ingredients for cupcakes

1 16.5 oz box white cake mix 3 large eggs 1 C water
 1/4 C vegetable oil 2 tsp vanilla extract 1 tbsp. yellow food coloring
 1 tbsp. orange food coloring candy corn for topping

Creamy Marshmallow Frosting

1 8oz package cream cheese, softened 1 C confectioners' sugar
 1 tsp vanilla extract 1 7oz container marshmallow creme
 1 8 oz container frozen whipped topping, thawed

Directions

1. Preheat oven to 350. Line two 12-cup muffin pans with paper liners; set aside.
2. In a large bowl, beat cake mix, eggs, water, oil, and vanilla with an electric mixer on medium speed for 1 minute. Increase mixer speed to high and beat for 2 minutes. Place half of batter in a separate bowl. To one bowl, add yellow food coloring; mix well. To the other bowl, add orange food coloring; mix well.
3. Evenly divide yellow batter among muffin cups, then top with orange batter. Bake until a wooden pick inserted in the centers comes out clean, about 18-22 minutes. remove from oven and cool in pan for 10 minutes. Remove to wire racks to cool completely.
4. Place Creamy Marshmallow Frosting in a pastry bag fitted with a large round tip. Pipe frosting onto cupcakes. Garnish with candy corn if desired. Store covered in refrigerator for up to 3 days.

Make Creamy Marshmallow Frosting

1. In a large bowl, beat cream cheese until smooth, about 3 minutes. Add confectioners' sugar and vanilla and beat until combined. Add marshmallow creme and beat until creamy, about 2 minutes. Add whipped topping and beat until combined. Use immediately, or store covered in refrigerator for up to 3 days. If refrigerated, allow to come to room temperature for 30 minutes and beat with an electric mixer until smooth and creamy.

