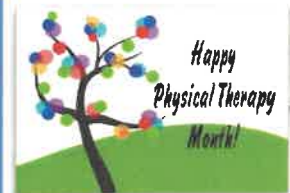


# PT HAPPENINGS



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 2021

## From the Desk of Andrea

Hello everyone! I hope that you all had a wonderful summer! As always, it went way too fast but it's been a fun one and guess what? We get to do it all over again next year! :) I'm not going to lie, I am sad that summer has come and gone, BUT, it's October!!! And it's the most wonderful month of the year!

First of all, October is National Physical Therapy Month! It's a wonderful time as PT's to reflect on why we got into our work, how we are currently doing as clinicians, and brainstorm how we can better serve and promote our profession going forward. If you ask most PT's about how they got into the field, they will say because they had PT in the past.. I, however, was not one of those cases..so how did I get here?

My mother has been a COTA (Certified Occupational Therapy Assistant) at Penn State Health- St. Joe's for many years. As a 4-year old, she would take me into the old hospital prior to pre-school and allow me to help her "open up the rehab department". I can distinctly remember a game that looked like "scatch" and seeing all of the fun equipment they had. Why wouldn't I want to "play" at work, right!? Then, in my early teens, my Pop-Pop suffered a stroke and required PT to regain his function. I was able to attend some of his sessions and it was amazing to see how much he improved with the help of the PT and this piqued my interest even more. I wanted to be able to help people every day like my mom and my Pop-Pop's PT did. Thus began my long and official journey to become a PT.

I was lucky enough to be at Penn State Berk's when IMG-PT was looking for a PT aide and was over-the-moon when they offered me the position, as they had quite a few well-qualified applicants vying for the job. Being an aide for 3 years and working with Chris and Eric truly solidified that this was the profession that I wanted to be in and would help make my life feel even more fulfilled. Chris and Eric demonstrated their passion for not only their profession, but their patients each and every day and they continue to make a true impact in people's lives. I have never seen so many success stories as I have here, and that's why we are always striving to do our best for our patients and continuing to grow as professionals!



Second, it is officially fall, meaning that it's sweatshirt weather, pumpkin spice everything, football, and my favorite holiday, Halloween! For the past three years my husband and I have started a tradition with our friends who are also passionate about Halloween. We host a 1920's Speakeasy party, where everyone must dress up in appropriate attire: suits and flapper dresses. Last year we did a murder mystery party but this year we decided to go really big with creating our own escape room! I will definitely keep you posted on how this goes, as our murder mystery went a little awry last year...the company sent us two different games without us knowing so low and behold, we had no murderer! Nonetheless, we still had a wonderful time, and everyone got a good kick out of it!

Thirdly, my husband and I will be going on vacation, which, as I love to tell my patients, "I will be getting my Harry Potter nerd on"! We will be headed to Universal Studios where they have Diagon Alley and Hogsmade, which are two towns in the Harry Potter series. Of course there are fun rides, shops, and foods/drinks that are specific to the HP Universe and one of my favorite things: interactive wands, where you can actually "cast spells" around the park! I know, I'm 31, but still a kid at heart!

Now, I want to see what everyone else is doing and/or dressing as for Halloween! We will be having a costume contest and ask that those who would like to participate either A) email your photo to [imgpt@imgpc.com](mailto:imgpt@imgpc.com), B) drop off your photo in person, or C) post your photo on our Facebook page (the post will be up on 10/31/2021). Costume photos can be from this year or even in the past! The IMG-PT staff will vote on a winner and the winner will get 3 FREE LASER TREATMENTS! :) This is a \$180 value!

Go get your Spooky on and we cannot wait to see what fun and creative costumes everyone has this year!





## Meet Intern: Olivia

Hello everyone! My name is Olivia Alvine. I am a second-year physical therapy student at Drexel University. I just started at IMG-PT on Sept. 20<sup>th</sup> and will be here until Dec. 3<sup>rd</sup>. This is my first clinical rotation, so I am very excited to start working hands on with patients and practicing the skills I learned during my first year of PT school. In my short time at IMG-PT thus far, I already feel so lucky to be working with such amazing people, both staff and patients.

I was born and raised in Reading PA and graduated from Muhlenberg High School in 2016. I then went on to West Chester University where I received my bachelor's degree in Exercise Science while minoring in Psychology.

Ever since I was a freshman in high school, I knew I wanted to become a Physical Therapist. I remember going with a friend to one of her PT sessions and saw them tossing the ball back and forth and thought to myself "wow this would be a fun job" (obviously I now know they were doing much more than just playing catch). Since this experience I learned how much PT could improve the lives of so many people and knew it was the path for me. It combined the most important things I wanted in a career, healthcare and to truly help them live a better/healthier life (plus I find the human body and its anatomy so incredible). Having my grandparents move in with my family was an eye-opening experience. Increasing independence and function in the daily lives of older adults is so important to their overall quality of life. While I love all aspects of physical therapy, working with older adults is currently my biggest interest.

Away from physical therapy, I enjoy spending time with my family, friends, and boyfriend, Greg. We love to go camping, hiking, kayaking, and bike riding every chance we get. Greg and I have also been enjoying working on projects and renovations at our new home together in Fort Washington PA. In my free time/me time I love to exercise and cook new recipes. Thanks so much for reading a little bit about me. I hope to meet all of you soon! ☺





Upcoming workshops here at our office:

October 28 Rotator Cuff @ 6pm  
 November 11 Knee Pain @ 6pm  
 610-944-8140



"When I tore my ACL in late April I experienced quite a bit of pain and actually fell twice due to my knee collapsing. I began wearing a compression brace which was helpful. I remember not being able to squat down without excessive pain and couldn't stand on a chair trying to change a light bulb. Since therapy began, I have not fallen and am able to stand and balance better. Until I reinjured myself in early July while spreading mulch, I was no longer wearing my brace and hardly had pain. Even since reinjuring my knee and continuing with therapy, I'm feeling better every day. Also appreciate the assurance that I had just overdone it and that my bone bruise was the likely culprit for my pain."

Byron B. 7-14-2021

"The natural consequence of aging is the need to repair body parts. At age 70, I have had at least four rounds of PT at IMG-PT in the past five years. Each experience has been excellent and has resulted in a very speedy recovery. The atmosphere of the facility is so friendly and comfortable that one doesn't even realize the hard work. Each and every member of the staff has been a joy to work with--I feel like they are becoming like family to me, which is great because I'll likely to be back for round five very soon.

I wouldn't want to go anywhere else for treatment!" Teresa D. 4-21-2021