

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME

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From the Desk of Chris Gordos:

Making Memories:

Now that the summer season is over and the children have returned to school, I feel that it is a good time to reflect on a few things that happened this summer. Looking back I realized that some unique and very memorable things occurred for my family and me. It is easy to often get stuck in the daily rut of life to forget to stop and look around and take pause of some amazing things.

The first memorable thing that I did this summer was I married my cousin to her fiancé in a beautiful seashore wedding. It was a very small affair, but to be the person who presides over the event was special and something I will never forget. My daughter feels I should do this more often and make some money on the side. I told her that it was a once and done type of deal. But maybe Eric can talk me into offering a special if you refer so many patients to our office or you yourself come in for multiple injuries that I can throw a free wedding officiating certificate your way. Only the fee of the officiate, not the whole wedding of course!!

The second unique and memorable thing that occurred with my family is that we took our first ever cruise!! We were on the "Allure of the Seas" for the Royal Caribbean. We visited the islands of the Bahamas, St. Thomas, and St. Kitts. We swam with the dolphins at St. Kitts. And let me tell you, the money was well spent. What a great experience. The cruise itself was such a great time that I can see why people go on them every year. If I could just figure out how they afford it, I may join them!

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We as an office did something that is often a once in a lifetime experience. No, we did not win the Powerball, although we did enter the \$700 million dollar drawing. One of our students had the eclipse glasses and we all went out to see what the big deal was about. Eric got an even better view while on vacation in Kansas as he was in the path of totality. I believe the reason why the media made such a big deal out of the event is because it is a memorable event!! This is something that the media pushed that I believe did live up to the hype. It was amazing to take a pause in life to marvel at the wonders of the universe and see something that was truly magical. I hope you were able to see it in person yourself.

So as the Fall begins and we return back to the rut of school, homework, sports, overtime at work and more, please take a minute every now and then to pause and enjoy those memorable moments. If while pausing you notice the room is spinning a little (dizziness not brought on by alcohol or a cruise), you have a kink in your neck (from looking up at the eclipse), a limp in your step (that family reunion sports injury), or a pain in your butt (not your spouse) please feel free to give Eric and I a call and see if maybe it is something we can help you fix.

Even if you are the epitome of health, if you are in the area, stop by and say hello!! We miss you and hearing about the stories and memories that are important to you.



Are you suffering from Pain, Dizziness, or Balance issues? Do you have a large deductible or co-insurance? Do you know your rights with your insurance and Physical Therapy? PA State Law states that you are allowed to choose your own PT provider. You are not obligated to go to where your surgeon or hospital recommends. Many surgeons and all of the local hospitals own the PT offices that they recommend. They often pressure you and your family that their own PT office(s) provide better communication and coordination of care as the reason for the referral. However, their recommendation is typically financially motivated and often they do not even know their therapists names.

Are you having difficulty getting a doctor visit scheduled for your pain? Did you know that with most insurances you can schedule with IMG-PT before you see the surgeon? If you have any questions about whether PT may help you, call for a quick consult. If it is determined we can help, we can schedule a complete evaluation, or refer you to see a MD if needed. We can recommend the best ones(s) in the area.

At IMG-PT we accept most insurances. If you have a rare insurance that we are not a member of, often we can treat you in the out of network benefit part of your policy. When scheduling with other local therapists, please ask them how much hands on care and individual time you will receive at their office. We will continue to provide the 30 minutes of individualized hands on care and 90-120+ minutes of total care that you have come to expect with our office. We will not limit you to 45-60 minutes of care at our office.

We can save you the time waiting to address the cause of your problem and potentially the costs of diagnostic testing if they may not be necessary. Make sure you know your rights with your insurance and you take advantage of the most cost-effective way to treat your problem.

Call us for more information, questions, or to schedule an appointment.



Happenings at IMG-PT

We have several new student faces currently with us but for only a short time.



Tyler S. from Desales. He is with us from Aug. 21 to Sept. 29th.



Nathan S. from Fleetwood High School. He is doing observation hours throughout his senior year.



Kyle V. and Kelsey C. are both from Alvernia and will be here Aug. 30 to Oct. 12, Wednesday and Thursday afternoons.

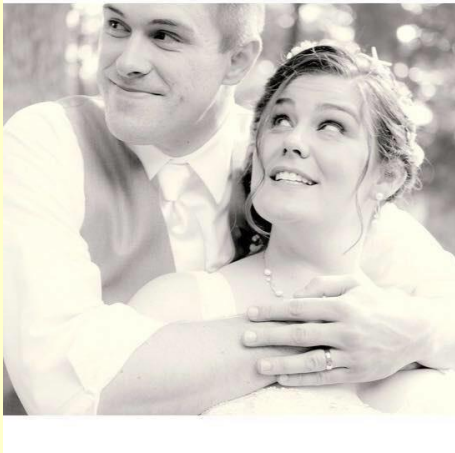


Aaron and Ryan will also be leaving IMG-PT and going back to Thomas Jefferson University Sept. 22.



Happenings at IMG-PT

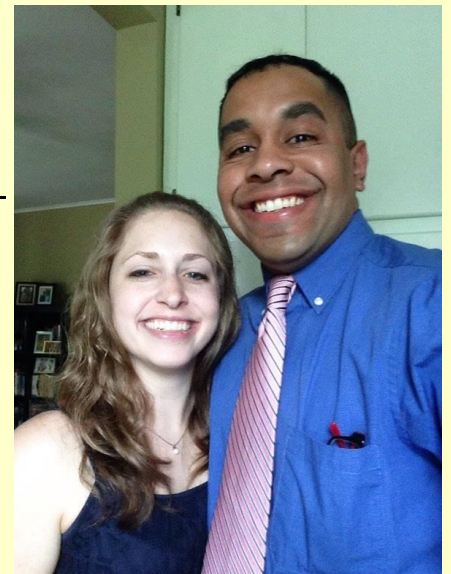
Success Stories of Our Past Students



Kimberly S., also known as the "Librarian" was our third student intern here at IMG-PT from Arcadia University. We are talking about back in February-May 2011. She has since graduated from Arcadia, gotten married in June 2016 and had a cute little boy named Miles in April 2017.



Megan M., also known as "Buttons", was with us October - December 2012. She has graduated from Misericordia University in December 2013 and is a PT working at a clinic in Clark's Summit, PA. She is a Board Certified Orthopedic Specialist with a Doctoral Physical Therapy Degree and a Bachelor's degree in Psychology. Megan has also started a Women's Health program at the clinic.



Happenings at IMG-PT



Mackenzie (13)
Maddie (9)
and Andrew (15)



Mason's (Denise's grandson)
First Day of Kindergarten



Kendall (5)



Shaylie (3)

FIRST DAYS OF SCHOOL



Summer Highlights for Chris:
Officiated cousin's wedding, was able to see the Eclipse and summer cruise with family.

Easy Apple Pie



1 (15 ounce) package double crust ready-to-use pie crust
8 cups sliced apples (about 6 large apples, approx 2lbs, cut 1/4" thick)
1/2 cup packed brown sugar
1/4 cup all purpose flour
1 tsp ground cinnamon

Preheat oven to 425F.

Unroll pie crust, press one into a 9" pie dish.

Toss the apples, brown sugar, cinnamon and flour together. Pour into pie plate.

Cut some shapes out of top pastry piece (if desired) and place over pie. Press and crimp the edges together. Cut some slits if needed.

Bake at 425F for 15 minutes, then reduce oven temperature to 375F and bake for another 30 minutes or until crust is golden brown and filling starts to bubble.

Let cool for 2 hours before serving.

