

PT HAPPENINGS



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September 2020

From the Desk of Chris

The more things change...(The more we wished they didn't!!!)
GREATEST PROMOTION EVER

I know the saying goes that the more things change, the more they stay the same. The reason that cliché continues throughout time is because it is true for some situations. However, most of us don't want the change. Often, we are not given a choice with the changes that we are "forced" to deal with in life.

I could make this a whole letter about COVID, and it would still hold true, but there is something that is more personal for me and has happened or will happen to almost everybody who is reading this letter. On Saturday August 15th my wife and I dropped off our oldest child at the University of Scranton. Apparently, I was in denial leading up to that moment about how hard it was going to be for me to leave him that day. My wife and I met at the University of Scranton and I have such great memories at that place. When you are younger in life you see all those movies about falling madly in love at first site with somebody. For me that didn't happen...sorry Kristin (very happily married for 20 years September 2nd 2020.) I thought about writing this letter about that, but who wants to read that story. However, the moment I walked on Scranton's campus for the first time I just knew that was the place I wanted to go and I needed to be there. Maybe it was because I was going to meet my amazing wife there!!!

The time has come where we are ready to say goodbye to my son, Andrew...I turn away after my wife takes numerous pictures and it hits me...My life has just changed. Can it really be? My son is gone. For 18 years of my life he has always been there and now he is not. His life is changing and he is going through all of these exciting things; whereas my life changed and all I feel is empty. I wonder the whole car ride home did I do enough? Could I have done more? And of course, the answer is yes!! I am willing to bet that 99% of parents and especially fathers would answer yes. Life is just too busy now and it is the rare person that takes every moment to enjoy and spend it with what is most important. We all have too many distractions and selfish desires. That is normal human nature and the life we all live in now. Now don't get me wrong, I am so happy for him. But as a father I am worried about how he will do. Will he meet those couple of great lifelong friends who will be there for

him through thick and thin...or will he feel alone and isolated without me being there to help? Will he struggle in class and feel hopeless...or will he succeed beyond even my wildest dreams? Will he find the love of his life and an amazing career like I did...or will his heart be shattered and his dreams ruined?

Things have definitely changed for my whole family...and as happy as I am for him and this is the normal progression in life...at this moment I wished they hadn't. I miss him!!!

GREATEST PROMOTION EVER

Has something changed in your life, such as a pain that wasn't there in the Spring that now will not go away? Are you having dizzy spells and the room is spinning? Is your balance or endurance not up to the level it was before and it is limiting your activities? Is it a loved one that is having these issues?? Have things changed, but you wished they didn't? In celebration of things changing we are offering our biggest event ever at the office. We have never done this before, but we are booking Eric's, Andrea's, and my schedule off on Thursday September 17th to do a full day of Free screens for our ex-patients and their families. We are going to offer this to the general public, but wanted our loyal readers to have first crack at it. We only have **20 SPOTS** for the day, so please if you are struggling with something physical in your life and think we may be able to help, call immediately. Do not wait. We are here for you and want to help. Once those 20 SPOTS are gone, they are gone.





SEPTEMBER 17, 2020

To celebrate another year of getting people in pain back to normal, we're having a day of completely free screens, and you're invited to attend!!

To RSVP to your free screen, just call us at **610-947-5944** or **610-944-8140**.

This is ideal for you if you're experiencing or have experienced:

Low back pain
Sciatica
Arthritis
Shoulder pain
Neck pain
Headaches
Knee pain
Problems walking
Or you just want to celebrate with us!

In your free screen, your physical therapist will talk with you about the history of your problem....

Take measurements to test how well you move and your strength...

Then provide you with a written copy of:

1. The cause of your pain or problem
2. A plan for successful treatment

So if you're experiencing any pain and you'd like to find out the real cause of it—and the way to solve it—then all you have to do is call 610-947-5944 or 610-944-8140.

We only have **20 FREE SPOTS** available so make sure you sign up today!!!!

SEPTEMBER 17, 2020



"My sudden onset of shoulder pain had me nearly immobile with pain. I was not able to raise my arm above my head. Getting dressed was a struggle and daily tasks like brushing my hair, cooking, cleaning and driving were extremely painful. Even my sleep was disrupted. IMG-PT was able to get me an appointment the same day that I called and carefully listened to my long list of issues. We created a plan and within days I was seeing some improvement. They were patient and attentive to my needs for the entire time. By the end of my treatment I could raise my arm normally and had really all of my strength back. I am able to do all of my normal activities and I am even back working in my large vegetable garden. the entire staff at IMG-PT makes you feel welcome, wanted and appreciated. They genuinely care about you as a person and have an active interest in your recovery. Thank you for helping me recover..I am sure I will see you all again. No one ever hopes for injury...but if you end up in that situation this is the place to go!!"

Jen N. 8-21-2020



Follow us 😊



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.