

610-695-9913



**Christine F. Hayes, P.T., P.C.  
& The Integrated Healing Center**  
*Specializing in orthopedics, sports  
physical therapy, women & men's health,  
orthotic fabrications, cancer rehabilitation  
& lymphedema treatments.*

## Christine F. Hayes., P.T. P.C. Newsletter

### The PT ADVOCATE

Everyone needs a healthcare advocate, let our physical therapy practice be yours!



#### December 2014 Newsletter

##### Inside This Issue

- The Many Hats of Michele
- Attention Sciatica Sufferers
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**Our goal is to serve you with such a  
great experience**

- 1. Thank the person that sent you here**
- 2. And REFER people you care about  
to our practice**

- Integrated Healing Center Update
- PT Patients to enter to Win!

*Find the misspelled word in the newsletter and call 610-695-9913 for your chance to win a \$10.00 gift card to a Integrated Healing Center program of your choosing*

Limited to the first 10 callers.

Contest for Past and Present patients  
only!

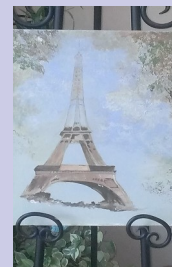
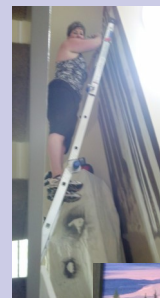
#### *The Many Hats of Michele*



Many of you know Michele Mallon as our Medical Biller here at the office of Christine Hayes P.T. Michele has been our Medical Biller and Office Manager since 2002. What you may not know are some of the other "hats" worn by Michele.

Michele graduated from The Barbara Brennan School of Healing in 2007 with a Professional Studies Degree as a Brennan Healing Science Practitioner and has been practicing energy healing here at The Integrated Healing Center for the last 7 years. She is also a provider for the "Unite for Her" voucher program which allows women undergoing treatment for breast cancer to receive some of the integrated services we provide here at our center.

Michele is also an artist at heart and if you have been to our office you may have seen the mural painted in our restroom of "Lucy Vincent's Beach" on Martha's Vineyard. It is one of her favorite spots on the Vineyard. Her preference in medium is acrylic paint and her work varies from original art done on canvas to larger scale murals done on walls. She also dabbles in cut glass, mosaics and glass painting. We have included photos of some of her art work below.



# *Attention Sciatica Suffers*

## **Revealed: 30 second Self-Test**

### **And the #1 Single Best Exercise for Relief for Sciatica**

- \* Do you or someone you know suffer from pain, numbness or tingling in your legs, feet, buttocks or lower back?
- \* Have you or someone you know missed work due to Sciatica or back pain?
- \* Have you missed out on a family vacation or activity because you were afraid to aggravate your Sciatica?
- \* If you do and you are looking for natural and permanent relief, pictured below are 2 valuable tools to help you....

As physical therapists and back specialists, we hear these complaints on a regular basis. The key for successful treatment of sciatica is finding the root cause for the symptom manifesting itself as “sciatica”. The 3 most common causes of sciatica are:

1. Herniated discs (HNP)
2. Arthritis, in it's advanced form is also known as Stenosis.
3. Pelvic or SI joint problems.

Matching the right treatment with the right problem is essential in successful pain management. By the way, when you have a back injury, you will attract the advice of every non-medical person out there!!!! They will most likely have the best intentions because every back patient appears to look the same..... Thank them and call our office immediately! Following bad advice can quickly compound your problem!

For example, when someone has a herniated disc, the directionality of our treatment is to close down the spine to manage the amount of material exiting the disc on the nerve root. The body needs time to plug up the hole where the disc material is seeping out.....in the meantime, we encourage “extension” exercises to relieve the symptoms and to promote healing (scarring) of the disc wall. An incorrect treatment approach of flexing the spine before the disc is well-healed, will encourage more disc material to leak out of the disc wall (repeatedly tearing the scab/scar tissue off the healing disc) which further irritates the nerve root and escalates pain! This is a process which requires the skillful guidance of a “back specialist”, any of the PT's in our practice!!!

We have all seen the lady in the Giant or Wegman's who has to lean forward on her shopping cart as she is walking through the store. The reason she needs to do that is usually because of arthritis/stenosis in the lower back. The correct treatment approach involving “flexion” exercises (bending forward) will assist the body in opening space for this type of patient. Successful treatment for that condition also involves decompression, traction and manual therapy.

The complexities of pelvic and SI joint dysfunctions can be a bit more tricky as the pelvis/SI joints may rotate out of alignment and in opposing directions between the right and left pelvis. Treatment must recreate balance with corrective exercises; therefore what may work on the left side of the body is often completely different than the prescribed exercises on the right side.....again this needs skillful complex problem-solving to get it right, aka your expert PT!



Symptoms often begin to dissipate almost immediately when the root cause and treatment are carefully matched (there are exceptions: comorbidities, surgery, chronic injections and medicines).

So here are 2 important tools I want you to have (or if you are feeling fine, you can pass them on to someone who may need them)

- **A 30 second self-test that you can do in the safety and comfort of your own home to see if you really have sciatica.**
- **The number one, single best exercise to do for Sciatica relief.**

P.S. When doing the exercise for relief 3 things can happen:

- You feel better.
- You don't feel any different.
- You feel worse.

If you feel better, great, keep doing it (there is an entire series of more advanced exercises to do. We can show you if you need it). If you are a #2 or #3 (no change or feeling worse) I have also attached a Sciatica screening coupon. Call 610-695-9913 to schedule an appointment. One of our PT's who specialize in Sciatica will examine you and determine:

- The cause of your Sciatica
- If you need an MRI or X-ray (luckily, usually not)
- What successful and natural treatment looks like for you.

Picture: **Self-Test for Sciatica**

Sitting on a chair, look down.

Straighten one leg, with toes facing your face.

Repeat on the other side.



What it means: If your leg with pain, numbness or tingling does not go up as high as the other leg and/or intensifies your symptoms, you likely have sciatica.

**Your next step is to see what is causing the pressure on your sciatic nerve.**

**Call us to schedule an appointment....we can help you!!!!**

Picture: **#1 Single Best Exercise for Sciatica Relief: Standing Back Bend**

(The most common cause of sciatica is a herniated disc.

If this exercise does not help, call our office at 610-695-9913 to schedule an appointment.)

Standing with hands-on hips, feet shoulder width apart.

Bend backwards until a stretch is felt.

Hold 5 secs, repeat 20 times.



## Coupon for Free Sciatica Screening

Call our office at 610-695-9913 to set up a *free* sciatica screening for yourself or a loved one suffering with low back pain and/or pain, numbness or tingling referring into one or both legs!

Learn what we can do for you!

Limited to our first 10 callers.....January 15, 2015

### “REFER A FRIEND CLUB MEMBERS”

#### *With Gratitude to....*

|                     |                    |                |              |
|---------------------|--------------------|----------------|--------------|
| Christina Tabarrini | Mary Alice Spane   | Susan Wheeler  | Deb Goldblum |
| Patti Barker        | Judy Huey          | Marilyn Gerber | Elise Harmon |
| Ann Marie McNeil    | Pauline McCullough | Michael Macey  | Rafael Barba |
| Kerry Peters        | Maureen Wigo       | Candice Gandt  | Kerry Peters |
| Ralph Rodak         | Frank Gaffney      | Lori Valentino | Chuck Oster  |
| Diane Campbell      | Alina March        | Dick Greene    | Scott Benner |
| Colleen Keenan      |                    |                |              |

To become a club member, you need to be a past or present patient of Christine F. Hayes, P.T., P.C., and have made a referral of a friend or family member for physical therapy. Join this prestigious club and receive discounts on a modality of your choosing at The Integrated Healing Center, located on the second floor of our building. Club members and 2 guests will also be invited to a free luncheon monthly which will host guest speakers on topics to promote health and well-being!

Thanks again to all our club members for the confidence you have displayed in our PT practice and for “paying it forward” to your loved ones!

Our first free luncheon will be held Wed., January 14, 2015 from 12 to 1pm. “Singing the Sugar Blues?” Understanding sugar and its impact on your immune system and inflammation. Presented by Sandy Gargus, CHHC, Integrative Nutrition & Lifestyle Coach. **RSVP will be required for club members and guests to 610-695-9913 by January 12, 2015!**



#### *The Integrated Healing Center is now open!*

Imagine having all your self-care needs met under one roof! The Integrated Healing Center, an affiliate of Christine F. Hayes, PT, P.C. is located on the second floor of our building. Services offered include: **Acupuncture, Massage Therapy, Energy Healing, Restorative Yoga, Pilates, Foundation Training , Integrated Holistic Nutrition and more!**

Call our office for more information at 610-695-9913 or to schedule an appointment



# Success Stories

"I first came to see Chris in April of 2012, after a week of increasing pain in my left leg associated with a L5 disc issue. Chris came highly recommended for her ability to manage back issues.

I had experienced a series of back issues over the previous 10 yrs. However, the issue that brought me to Chris was something different, with referred pain in my leg, and a much higher and sustained intensity of pain than I had ever experienced before. The pain was so severe that I could not walk without assistance, and it was hard to find a painfree position. Frankly, it was frightening.

From the first day in treatment, Chris was very clear to describe and then implement two phases of treatment. For the first few weeks, the goal was to stabilize and heal the injury....ice and stretches and manipulations to take the pressure off the disc. I saw Chris in the office about twice a week and did my homework daily. Chris even taught me how to brush my teeth and put my shoes on in a way to prevent aggravating the injury. As the pain subsided and I regained mobility, Chris and her staff gave me a series of exercises and stretches to improve strength and flexibility to prevent recurrence. I incorporated these exercises into my daily routine, and I continue them to this day. I "graduated" in June of 2012, about 3 months after my first visit.

I have had no recurrence of the leg pain that brought me to Chris in the almost two and a half years since graduation. Also, while I still describe my back as "creaky", I have had many fewer episodes that limit my activity than in the years before Chris. I am pleased to have a very active life, working out at the gym and most days (including Chris' stretches and strengthening routines, of course!) riding a bike, hiking etc. I attribute this recent record to Chris' help, not just to get past the injury that brought me to her, but also to help me be proactive to avoid issues in the future! I will always be grateful. Thanks Chris!"

— Thomas Stanley

"So far, I have had a great experience here! After 3 weeks (6 visits) with Chris, I have improved tremendously! I have been suffering terribly with low back and SI joint pain. I had 2 epidurals and 1 SI joint injection block in the past years without much relief. Before starting here, I had a level of 10/10 pain all day, every day and could not sleep or stand for more than 10 minutes. I have had 3-4 days this past week where my pain has been about a 3/10 and not constant. I have been sleeping better and overall feeling much better! We are hoping in the next few weeks to move to the next level and I am looking forward to soon being painfree completely and I think Chris can get me there!"



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— Marlena DiGiacomo (picture with Chris)

"When I started getting PT at my doctor's suggestion, I had great difficulty getting in and out of bed and even in changing position in bed. The pain in my lower back kept me from getting more than 2-3 hrs. sleep at a time. The lower back pain has now resolved and I am sleeping 6-7 hours a night without pain meds!"

—George Ehrgott

Christine F. Hayes P.T., P.C.

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Look inside and Pass it Along!

Don't give up! Call our office and see what you have been missing!!

You may also feel as though you've tried all conservative treatments.....

sciatic nerve pain??

Perhaps you have missed work or declined a family vacation due to relentless

numbness or tingling in your legs, feet, buttocks or lower back?

Do you or someone you know suffer from pain,

Paoli, Pa. 19301

195 W. Lancaster Ave. Suite 3

Christine F. Hayes P.T., P.C.

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