

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

February 2015

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



#### February 2015 Newsletter

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- **"Impingement Syndrome " of the Shoulder**
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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 Updates**
- **PT Patients to enter to Win!**

Find the misspelled word in this 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

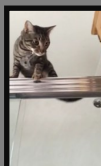
Limited to the first 10 callers

Contest for Past and Present patients only!

#### Pets of the Practice

We have all heard the adage, "when the cat's away, the mice play" which left us all wondering what really happens at home with our loving pets when we are hard at work!!!!

**8:05am** Opie practicing to be a flying Wallenda on top of the 6 foot shower door!



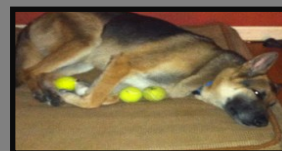
Oh dear, seems like Opie may have overestimated his athletic prowess! Sara your boy needs a 911 rescue stat!



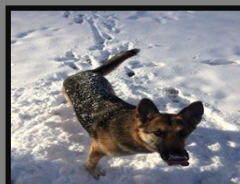
It also appears that Pye, playing the role of the loving sister, has no intention to help her baby brother out of this predicament. Sibling "paybacks"!!!



**10:00 am** Musical Chairs (baskets) in the Hayes Household. This round goes to Wylie or does it? Boca is usually the one being crushed by Wylie, so Boca may have thrown the game this time!!!! Older and wiser goes to the 13 year old!



Super sweet Margarita "Rita", loves to greet patients in Kate's home practice.... Like Kate she loves the game of tennis and has quite a tennis ball collection which she loves to share with anyone willing to play.....she also feels the need to protect her "savory" collection at naptime "just in case"....



**2:00 pm** Rita couldn't be happier in the snow, she may be the only one excited about the snow!



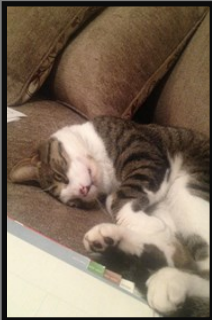




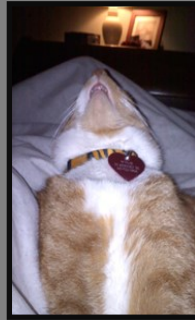
**3:00 pm** Does this count as exercise??? Wylie practicing his spinal extension program.....just prior to a smallish nap or two!



Speaking of naptime.....we are very concerned that several of our kitties are just not getting the 23 hrs. of sleep required to be a cat!!! Exceptions to that rule are:



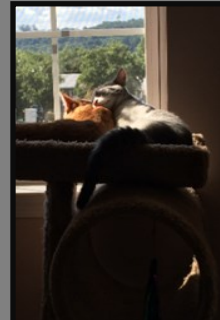
Little Phil



Wylie



Pye



Marley and Fin

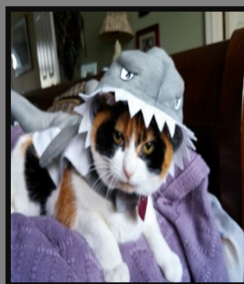


Wylie and Boca

**4:00PM** The females of the practice have better things to do with their time.

Pye is hoping Opie won't find her

"Sanibel promised me my Elton John outfit would never go public! So embarrassing!"



Sanibel loves to get dressed up!



Fin, JD and Marley ,

Birdwatching!!!!



**5:00 PM** Brotherly Love!!!!

Boca and Wylie wonder what time our servants get home from work???

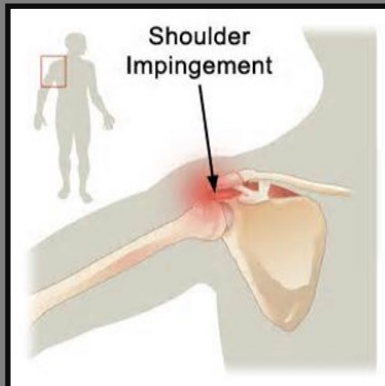
We are getting HUNGRY!!!



Seems like a good day was had by  
day was had by All!!!!

## “Impingement Syndrome” of the Shoulder

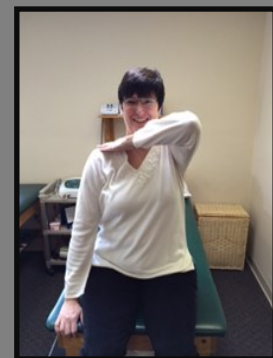
- Do you have unexplained pain that refers into your upper arm or deltoid?
- Are you having pain when you try to raise your arm greater than shoulder height?
- Have you been avoiding moving your arm because it is painful and you are hoping that it will get better on its own?
- Do you notice your arm seems to be getting weaker and you are losing your flexibility (range of motion)?



If you answered yes to any of the questions above, you likely may be suffering from an impingement syndrome. ***Impingement Syndrome*** is very common and has several possible origins including direct trauma such as a fall on an out-stretched arm, repetitive overuse and/or poor posture/body mechanics!

Impingement begins with an irritated tendon, primarily the supraspinatus, one of 4 rotator cuff tendons. This particular tendon is more vulnerable than the other 3 as it is the only one that has to pass under the roof of the shoulder joint where it is susceptible to getting pinched or caught. When irritated the body's first response for healing is to create swelling around the tendon. That healing response is designed to signal you to stop the irritating movement and allow the body to heal. Too often, we try to ignore the warning response which leads to phase two ..... an overproduction of scar tissue and potential fraying of the rotator cuff tendon as it tries to squeeze under the roof primarily when lifting the arm out to the side. These symptoms typically cause pain, progressive weakness, and a loss of motion in the shoulder. The top of the shoulder joint is a small space which must be maintained with good posture and efficient body mechanics through sport activities and activities of daily living. When compromised, the shoulder blade can crush down on the supraspinatus tendon creating an impingement syndrome. Arthritic shoulders or those shoulders containing bone spurs also severely compromise the health of your rotator cuff tendons, particularly supraspinatus.

***So what is the good news?.....***Our physical therapists are experts in diagnosing this condition and we are able to implement corrective exercises immediately. One of the self-tests you can do at home to see if you may be experiencing an impingement syndrome is pictured right, **Yocum's Test**.....reach across your body with your painful arm and anchor your hand to the back of your opposite shoulder, then lift your elbow up to the ceiling.....if you experience pain in the front of your shoulder, you likely have an impingement syndrome.





**Success Stories:** “Before starting PT (working with Stephanie Bean, DPT and Sara Fortunato, PTA), I was not using my left arm much. Within 2 weeks I was amazed by how much I was progressing! This of course, gave me the incentive to continue and be diligent with my exercises at home. My abilities to reach and use my left arm increased each week, once I started using small weights. I saw my strength improved greatly. I feel I was instructed to do exercises that will be with me for life and I am very grateful for this. My greatest improvements have been in using my arm to reach behind my back and to dress. Most importantly, I was able to avoid surgery!!!! Finally the staff is excellent, knowledgeable and professional and were a pleasure to be around. I won’t hesitate to recommend them to anyone in need of their many services!” —————Sue Holton



## “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	Tom Davies	Bob Greeney	

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!

### *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 today!

**The second self-test** (pictured right), take your painful arm and attempt to reach behind the back to touch your opposite shoulder blade. Again this test is looking not only for a loss of motion but discomfort beyond a healthy stretch.



When we see you for your initial appointment, your physical therapist will assess your upper body strength and flexibility. Special tests are also performed to detect impingement, possible rotator cuff tearing and instability in the shoulder joint. A functional movement assessment will also be performed during your follow-up visits to highlight other areas of your body which may be moving inefficiently and causing either direct or indirect stress to your shoulder. At Christine F. Hayes, PT, PC we believe that “**no injury exists in an isolated vacuum**”, therefore a holistic approach to healing will not only include your painful shoulder but will address other faulty areas of concern as well.

Our comprehensive assessment will address the mechanics of your shoulder movement which may have fundamental postural abnormalities including poor stabilization of your scapula (shoulder blade), neck and thoracic spine. Additionally, patients often develop tightness in the back of the shoulder which may be a combination of muscles and your joint capsule. The pectoralis muscle in the front of your shoulder joint, overactive in slouching postures, also pulls the shoulder forward in the socket which can become a second source of impingement to the supraspinatus and the bicep's tendon. If this is the case, physical therapy will treat these problems with exercise, stretching and manual therapies to improve the mechanics of the shoulder; clearing the impingement and relieving your pain! Our hands-on techniques are masterfully designed to restore the space at the top of your shoulder and center your shoulder within the joint to break the pain and inflammatory cycle.

***The bottom line is don't delay if you have shoulder pain.*** It's better to start early before more advanced tightness and weakness sets in. Waiting can lead to a frozen shoulder from not using your arm due to pain, that is an unnecessary and unpleasant condition which can absolutely be avoided with early intervention! Early painfree restoration of your movement while simultaneously allowing your rotator cuff to heal is our goal! **Call for an appointment today or take advantage of our free 20 minute shoulder movement screening.**

## Coupon for Free Shoulder Screening

Call our office at 610-695-9913 to set up a free shoulder screening for yourself or a loved one suffering with shoulder pain.

Learn what we can do for you! Call 610-695-9913.

Limited to our first 10 callers.....expires March 15, 2015



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