

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

April 2015

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



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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

- PT Patients 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 an Integrated Healing Center modality of your choosing.

Limit to the first 10 callers!

Contest for Past & Present Patients only

Welcome Joyce Grugan!



The Office of Christine F. Hayes P.T. P.C. is pleased to welcome Joyce Grugan to our practice! As our full-time front desk receptionist, Joyce will be assisting Michele in the billing office where she brings a lot of experience to this position.

Prior to joining our PT practice in Paoli, Joyce worked 30 years at Crozer Chester Medical Center's Physical Medicine and Rehabilitation Department. While there, she was Operation Assistant and assisted in the implementation of the concussion clinic, the pediatric assessment program and coordinated the joint replacement classes for patients prior to surgery.

Joyce is very excited to now be a part of Christine F. Hayes P.T. P.C. and The Integrated Healing Center. She thoroughly enjoys working in an environment that has such a huge impact on patients and their well-being.

Joyce resides in Ridley Park, Pa and is the proud mother of two sons, Ryan and Casey. In her spare time she enjoys reading, walking (preferably on the beach), blues festivals (especially in Chicago), and spending time with her four year old grandson, Jack.

As an avid Eagles fan, she hopes Chip has made the right moves for a successful season ahead. **GO BIRDS!!!**



FUNCTIONAL MOVEMENT ASSESSMENTS

AND CORRECTIVE EXERCISE

Spring is here, and so are spring-time sports!

- *Have you experienced a stubborn injury that just doesn't seem to get better or when it does it seems to recur?*
- *Do you feel confident and ready to play tennis, golf, lacrosse, softball, baseball, volleyball, or run track and field this spring?*
- *Are you frustrated with your overall athletic performance and wonder what exercise strategies may take you to the next level?*

If the questions above strike a chord, it is time for you to receive a Functional Movement Assessment! No matter what sport or activity, there are certain things that you can do for yourself and your children to help prevent spring injuries and to optimize athletic performance, health and well-being.

At Christine F. Hayes P.T., P.C., we believe that every injury is interconnected to other dysfunctions you may be having elsewhere in your body. Our functional movement assessment and dynamic movement screens are designed to highlight the weakest links in your movement patterns that may be contributing to your injury indirectly. For example, a patient with "tennis elbow" may feel the pain, decreased strength and potential loss of motion is located primarily at the elbow. Our highly trained PT's may also find gross compensation in the neck, shoulders and mid-back (to name a few) based on your functional movement assessment. If these areas are not addressed and treated with corrective exercise, the gains you may have made with your tennis elbow are likely to be short-lived. The tennis elbow is the overcompensation for poor movement and stability patterns elsewhere in the body.

Many of our low back and SI joint patients, after being analyzed via the SFMA and FMS testing are demonstrating significant issues stabilizing their hips, pelvis and core when performing the single leg balance, deep squats etc. If they were to return to activities of daily living or their sport without the corrective exercises to address the motor control issues throughout the body, these issues would likely recur. Again a painfree stable back needs to be supported by other areas working together in the most efficient way. Although the pain may show up as low back or SI pain, the contributing factors elsewhere in the body play a key role in the failing system.

At Christine F. Hayes, P.T., P.C. we typically use 2 different screenings for our clients. When pain is present or if the testing is too challenging for some of our patients, we attain baseline information using the SFMA screen. This particular test begins at the neck and upper extremities and moves into multi-segmental trunk flexion, extension, and rotation. It concludes with single leg balance and deep squatting. This testing provides an excellent base to address pain and trouble shoot normal activities of daily living for all populations.

Continued from page 2- Functional Movement Testing and Corrective Exercise

The FMS screening ,pictured below, is reserved for higher level athletes, patients who are no longer in pain and for those in the community who want to improve their overall movement strategies for activities of daily living and athletic performance!



The FMS highlights predictable patterns of dysfunctional movement in response to pain, decreased flexibility and poor stabilization throughout the body.

SFMA and FMS testing allows our therapists to clearly match their intervention to your specific problem areas. Finding the root cause of your pain and dysfunction is essential to returning you to the things you love!

Why FMS screening?

Movement Matters: Movement quality is an essential component to reducing the risk of injury and reaching optimal levels of performance.

Systematic Approach: A reliable baseline to screen and evaluate movement is key to providing corrective strategies for recovery and performance. Finding your weakest link is essential in restoring healthy movement patterns!

Communication: This system allows rehabilitation professionals and fitness trainers to speak the same language when communicating client progress and treatment.

SFMA and FMS (when appropriate) are being performed on all our physical therapy patients before discharge to ensure a safe return to all desired activities! FMS and Dynamic Movement screens are also being offered to the “healthy” community for injury prevention and to enhance sport performance!

Coupon for Free Functional Movement Assessment

Call our office at 610-695-9913 to set up a *free* Functional Movement Assessment screening for yourself or a loved one. Learn what we can do for you!

Limited to our first 15 callers.....Expiration date May 30, 2015

Success Story: “ I tore my ACL playing softball. After surgery I did some research and went to the most convenient and closest PT practice near my home for therapy. After 3 1/2 months of working very hard and mostly on my own, I was told it was time to advance my workouts and honestly I wasn’t confident that I was ready. I reached out to Christine and she recommended coming to Paoli for a Functional Movement Screen to give a baseline on my healing and guidance on my next step. The Functional Movement Screen was an eye-opener into movement patterns that were still problematic, stability issues I didn’t realize I had and even found an old hip injury that needed attention! Had I jumped back into running and high level sport competition before having this screen and the necessary corrective exercises, I think I would have had difficulty, possibly even reinjury! After a few weeks of targeted corrective exercise, I am on my way back to the field! Thank you Christine Hayes, Physical Therapy for a job well done!”
 ———Sheila Stankina

“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 Maciey	Rafael Barba
Kerry Peters	Maureen Wigo	Candice Gandt	Ralph Rodak
Leslie Rodak	Frank Gaffney	Lori Valentino	Chuck Oster
Diane Campbell	Alina March	Dick Greene	Scott Benner
Colleen Keenan	Pnina Polishook	Elizabeth Ator	Joe Reiser
Val Grant	Sheila Stankina	Christine Sturgis	Shannon Makhija
Sue McCabe	Lindsey Smith	Liz Ferigno	Georgia Skeadas
Karen Heft	Andrea Boos		

To become a club member, you need to be a past or present patient of Christine F. Hayes, PT PC 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 dinner quarterly 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 dinner will be held Tuesday 6/23/15 from 6 to 7 pm at The Integrated Healing Center, second floor. **“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 Friday 6/19/15

The Integrated Healing Center

OPEN HOUSE

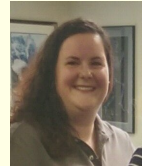
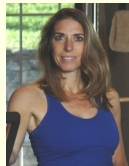
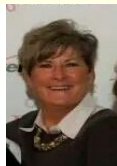
Wednesday Evening May 6, 2015

4:30-7:00 PM



Please come out and celebrate our open house. Meet our practitioners and sample some of the many services we are now offering in our center.

- ♦ *Acupuncture* Talia Malka, LAC,
- ♦ *Brennan Energy Healing* Michele Mallon, BBSP
Unite for Her Provider
- ♦ *Pilates* Jennifer Bergh
Reformer, Chair, Tower Bettina Becker, MT
- ♦ *Svaroop Yoga* Sandy Gargus, CHHC
- ♦ *Integrative Nutrition & Wellness* Sandy Gargus, CHHC
- ♦ *Massage Therapy* Bettina Becker, MT
Deep Tissue, Therapeutic, Sara Fortunato, MT, PTA, CLT
Hot Stones, Myofascial *Unite for Her Provider*
- ♦ *Psychology, Biofeedback,* Nancy McCarel, PhD, BCB, BCN
& Neurofeedback Tara Wheeler, PsyD



Healthy Refreshments will be served; to register call 610-695-9913

Bring a friend(s) and receive an appreciation gift

*Offering the very best in traditional and integrative medicine
All Under One Roof!*

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

195 W. Lancaster Ave

Suite 3

Paoli, Pa. 19301



Look inside and Pass it Along!

- Are you frustrated with persistent injuries that just don't seem to get better?
- Do you feel as if you have a hit a plateau in your athletic abilities and want to get to the next level safely?
- Curious about what a Functional Movement Assessment can do for you?

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