

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!

2015

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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 this 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 and Present Patients Only!

#### *The Many Talents of Bettina Becker*



Bettina joined The Integrated Healing Center in November 2014 as a Certified Pilates Instructor, Certified Massage Therapist and Certified Franklin Movement Instructor! What you may not know about Bettina is like Joseph Pilates, Bettina grew up in Germany where she pursued gymnastics and dance!

She began dance at age 13 pursuing ballroom, modern and jazz dance. In 1990, she co-founded a dance company where she performed and choreographed. Successes included winning the South German Dance Championships, first place in the German Cup for Show-Dance and finishing sixth in the World Championships!



She has traveled the world to study with great Pilates Master Teachers and discovered the Eric Franklin Method in 2007 as the missing link in her education and the way she teaches movement. She completed levels I, II and III of the Franklin Movement Method and incorporates this work with all of her Pilates clients. The Franklin Method teaches practical elements of body design, emphasizing imagery for maximum efficiency. The Franklin method is cutting edge among movement professionals and is used by The Royal Ballet School in London, The Juilliard School of Arts New York, the Music Conservatory of Vienna and world-class athletes and dancers. The Franklin Method activates the body/mind function using dynamic imagery, experiential anatomy and reconditioning.



Another of Bettina's passions is Jewelry Design! She travels to Tucson each year to find the newest materials for her beautiful jewelry pieces. Each piece is handmade, one of a kind and comes with a description of the mineral stones and their healing properties. As you can see from the photo left, these pieces are exquisite! The Integrated Healing Center's open house show-cased many of these beautiful pieces which were a huge hit among our guests. Jewelry selection can be fun and interesting not only from a personal preference standpoint but also regarding the characteristics you may be drawn to based on the properties of the stone. Amethyst, for example, is extremely beneficial to the mind, calming or stimulating as appropriate. Amethyst balances out highs and lows, promoting emotional centering. Bettina's work is quite beautiful and has made gift giving extremely easy in our physical therapy practice for our friends and loved ones, not to mention our own self indulgence!!!

For more information on any of Bettina's services including Pilates, Franklin Movement, Massage Therapy, Myofascial Release or to visit her stunning jewelry collection, Bettina can be reached by calling 484-620-9679. Bettina schedules clients in The Integrated Healing Center by appointment.



## *Tennis and Golfer's Elbow*

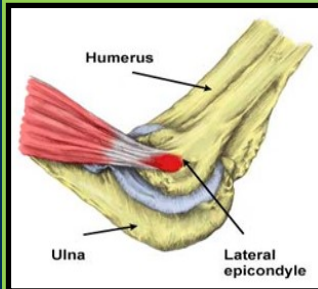
***Summertime is here and so are our weekend warriors suffering from elbow injuries!***

- Have you recently started playing tennis, golf, softball/baseball etc. and have persistent pain in your elbow?
- Do you experience pain gripping tools or sports equipment?
- Do you dread someone shaking your hand because as you return the shake you secretly wince?
- Have you tried to rest your elbow, maybe even had a cortisone injection but cannot return to the things you love without pain?

### **Don't Delay! Here is some information on two common elbow injuries:**

Many of us get very enthusiastic in the spring and summertime to begin activities we haven't done in a while. Often without any spring training or preparation, we jump right into those favorite activities for hours at a time i.e gardening, hitting the driving range, tennis etc. and we encounter the consequences of an "overuse syndrome". To add insult to the injury, we often delay the onset of care because we believe that our "aging" bodies will adapt (lol) and quickly get over this twinge or dull ache on its own! For some, early ice, rest and an anti-inflammatory may be an effective first-aid intervention if done within days of the injury. The essential element is rest and managing the degree of inflammation that is developing at the injured tendons. Beyond the first 2 weeks, if the pain and inflammation continues and/or you continue with the aggravating activity, you may be moving into a chronic pain, inflammation and scar tissue cycle which can be a long painful journey!

Tennis elbow and golfer's elbow are commonly treated conditions in our practice which can arise from sport activities or other activities such as the repetitious use of a screwdriver/hammer or even pulling weeds from a garden. **Tennis Elbow** is also called "**lateral epicondylitis**" and includes pain on the outside of the elbow. People can be quite tender at the outer elbow joint, where the wrist extensor tendons attach. (In the picture left, the irritated tendon attachment is shown in red). When your wrist extensors contract they are responsible for extending your wrist or bending it backwards as in a tennis backhand, hence the name. **Golfer's Elbow**, an overuse of the wrist flexor muscles and pronators of the forearm, is characterized by pain and tenderness on the inside of your elbow referred to as "**medial epicondylitis**". Golfers may encounter by overgripping the golf club, the initial contact with the ball, and/or excessive pronation of the forearm during the follow through of their swing.



Tennis or Golfer's Elbows can become a chronic condition if not properly treated at the onset. When this condition crosses over into chronic pain which can last several months to a year, it is often associated with decreased strength, impaired function and painful scar tissue. A simple strain to the tendon may now have advanced to micro-tears or partial tears in the tendon, especially if the patient continues to push/play through pain. In response to the perpetual irritation and inflammation the body will continue to lay down scar tissue. Tendonopathy, or thickened scar tissue significantly impairs the painfree gliding and lengthening of your tendon. Current evidence shows that in the presence of tendinopathy, the most effective treatment is to aggressively break this scar tissue down which we do in a variety of ways through manual intervention discussed below. In essence we must "stir up the bees nest" creating a "controlled amount of inflammation" to allow the body to bring in the necessary nutrients for healing while simultaneously breaking down scar tissue which is impairing painfree function! **The obvious lesson is to manage this early on....**

***How is Tennis or Golfer's Elbow diagnosed?*** There are clinical or "special tests" that doctors and physical therapists do to diagnose these problems quite accurately. The Tennis Elbow Test (pictured right) involves resisting wrist extension or upward movement with the elbow straight. This test is positive if it reproduces your pain.





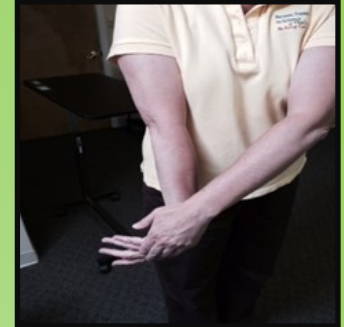
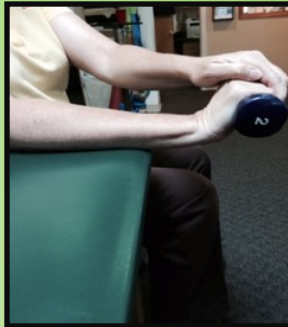


The Golfer's Elbow Test involves pain with resistance to wrist flexion, keeping your elbow straight, palm facing up (pictured left). There are other tests our physical therapy team will perform to rule out potential issues arising from your neck, thoracic spine, shoulders, nerves throughout the arm, which may be contributing to this injury or may be sending pain to the same injury site. Determining the exact source or root cause of your injury is essential for targeted intervention. Additionally, a functional movement assessment will also highlight other areas of your body which may be contributing to poor movement and stability patterns and indirectly affecting your elbow!

### ***Treatment options:***

At Christine F. Hayes Physical Therapy, an important part of treatment includes manual therapy such as deep tissue massage, transverse friction massage, Active Release Techniques (ART) and Myofascial Release (MFR) to break down the chronic scar tissue at the elbow and to enhance blood flow and new nutrients to the area for healing.

Our strengthening phase, (picture right), addresses "eccentric" loading of the tendon, which is the slow lengthening of the tendon after assisted contraction of the muscle. Eccentric exercise is done by lifting a light weight with the opposite hand and lowering it slowly down to a count of 8 secs independently. This is different from concentric exercise where the tendons shorten as you lift the weight. In the early phases of treatment, we do not recommend concentric strengthening as this adds to the overuse of the tendon. Stretching, also pictured right for Tennis Elbow, is essential early on and throughout treatment, to restore the optimal length of the tendon which has shortened due to pain, inflammation and scar tissue.



### ***Golfer's Stretch***

Exercises are different for tennis and golfer's elbow as they involve different muscles though the principles for healing are the same: stretching, eccentric strengthening and manual scar tissue release followed by isometric and concentric strengthening once cleared to do so by your PT. Modalities of ultrasound, electric stimulation and heat may be used for chronic elbow conditions. Current evidence recommends the use of heat for tendinopathies versus icing. Icing beyond the acute phase of 24 to 48 hours will slow down the blood flow and work against the body to bring in nutrients and proteins for healing.

The bottom line is seek expert care within the first few weeks of symptoms.

**Don't delay....we can help you today to get back to the things you love by calling 610-695-9913 for an appointment!**

***Success Story: "When I decided to try PT for my elbows, I was not sure if it would help. I had tendonitis pain off and on for a long time, and nothing worked, not even the cortisone shots, but I really wanted a long term cure.***

***With the combination of exercise, and manual therapy, and doing my "homework" it was feeling much better, but I still was afraid of the pain reoccurring. After a number of weeks, I was putting the work of Physical Therapy to the test, and to my surprise, the pain was gone. It has been about a month since I was released, and I am still reaping the benefits. I was assured that if I ever need to come back, the ladies would be there to help, and that thought is comforting.***

***" Thank you, Mary"-----Mary DeVacchio***

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## “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	Christa Melotti	Michele Hayes
Michael Fagley	Sharon Richter	Michele Srolis	Suzanne Merchwart
Nancy Allen	Kim Koelle	Suzanne Martin	Julliet Hyson

**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!

Dinner will be provided in The Integrated Healing Center **Wednesday night September 30th from 6-7 pm** for our Refer A Friend Club members and a guest. If you are not currently a Refer a Friend Club Member but would like to attend this event, you can join us for a small fee of \$10.00.

Our Guest presenter will be Jennifer Bergh from Jennifer Bergh Pilates, one of our Fabulous Practitioners in The Integrated Healing Center. The Topic will be “MEET YOUR CORE!” Learn How Pilates Will Introduce You To Better Posture and Balance. We look forward to seeing you soon.

**RSVP is required for Everyone including Club Members and their Guests**

**Please Call 610-695-9913 by NO LATER than Friday 9/25/15**



Continued Tennis and Golfer's Elbow from page 3

### Coupon for Tennis or Golfers Elbow Assessment

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

Limited to our first 15 callers.....Expiration date August 31, 2015

### Physical Therapy Practice News:



We are pleased to announce and welcome Christine Sturgis, PTA and Functional Movement Specialist to our PT practice. Christine brings an expertise in functional movement assessments and targeted corrective exercise. She also teaches group classes, which are a fusion of functional movement and yoga at Pure Energy and Berwyn Squash and Tennis Club. Christine is currently working on Mondays and Thursdays!

We are also pleased to welcome Kayla Owens to our practice as a PT aide. Kayla graduated this year from West Chester University with a BS in Kinesiology. She will be working with us this year full-time before pursuing Physical Therapy School!



### The Integrated Healing Center Announcements and Fall Specials

Thanks to everyone who made our Open House a tremendous success! Attendance exceeded 150 people! All our practitioners are settled in and offering so many great programs by appointment. Feel free to visit our website to learn more about our specialties.  
[www.mainlineintegratedhealing.com](http://www.mainlineintegratedhealing.com)

**Sandy Gargus, CHHC, Integrative Nutrition Health & Lifestyle Coach, Hatha Yoga Instructor in the Svaroop style**

*"Don't Fall Back into Old Habits or Patterns—Stay on Track with Focused Coaching,  
Integrated Nourishment for your WHOLE Self"*

Schedule 3 appointments, receive \$25 off; Schedule 6 and receive 7th session FREE

**Nancy McCarel, PhD, BCB, BCN, Licenced Psychologist,  
Board Certified in Biofeedback and Neurofeedback**

Beginning later in the Fall of 2015, Dr. Nancy McCarel and Assoc. will be offering a 10 week group stress management program for women who are coping with breast cancer. The diagnosis and treatment of breast cancer can be an incredibly stressful journey, where old ways of coping don't work as well as they have in the past. While providing a very supportive and nurturing atmosphere, Dr. McCarel will teach participants how to develop new ways of caring for yourself while going through this difficult and challenging process. Getting the support of other women who know what this journey is like, while learning effective relaxation skills and methods for reducing stressful thoughts and feelings can be an invaluable part of your overall recovery process. For further information on the program, please contact Dr. Nancy McCarel at 610-971-2277, ext. 1, or email [nancymccarel@gmail.com](mailto:nancymccarel@gmail.com)



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Do you have nagging elbow pain?  
Pain with gripping and playing sport activities?  
Are you hoping your elbow pain will go away on its own?  
Look inside and Pass it Along!

A green-tinted photograph of a house with a porch. A large, leafy plant hangs over the porch from the top of the frame. The house has white siding and a dark roof. The porch has a railing and a door. The overall image has a soft, painterly quality.