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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!

March 2018

Inside this Issue

- Welcome Spring and Parade Season
- Herniation's and Bulges and Degeneration, OH MY! Common disc issues in the spine
- Refer a Friend Club
- Disc Injuries Workshop: A Nonsurgical Approach with Christine Hayes, PT
April 5th 5:30-7:00PM
- Back and Neck Pain No More: Patient Success Stories

Our goal is to serve you with a great experience so you can:

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

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.

Limited to the first 10 callers.

Contest for past and present patients.



March can be a busy month for Pipe and Drum bands with lots of St. Patrick's Day celebrations and parades. One of our physical therapists, Stephanie Bean is a

member of Washington Memorial Pipe and Drum Band. Stephanie started learning how to play drums a little over a year ago. Last year, she played bass drum for a few parades but continued learning how to play the snare drum. Thanks to



many instructors and members of the band, she is now playing snare in the parades. The band also competes several times a year. There are several events including highland games, music and demonstrations along with competitions where the bands play a medley of tunes and get scored. The first one this year is the Southern Maryland High-

land games in April. Stephanie has been practicing hard to be ready for this competition. The Washington Memorial Pipe Band was founded in 1939 in Ardmore and is one of the oldest pipe bands in America! Since Stephanie has some Irish and Scottish heritage she feels this is a good fit and has been having a lot of fun playing and now marching in parades instead of watching from the sidelines!



We can help you!

- Are you or someone you know experiencing disc pain in your neck or low back?
- Have you been diagnosed with a herniated or bulging disc?
- Is it keeping you from doing activities that you love?
- Are you tired of dealing with episodes of spine pain that keep recurring?
- Have you tried many exercises on your own but the disc pain continues?

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Complimentary Spinal Screen Coupon

If you or someone you know is having neck or back pain, call our office to schedule a Free 20 minute shoulder screen (limited to first 15 callers)

Expires April 30, 2018 610-695-9913

Our complimentary workshop will feature Christine Hayes, PT Presenting Disc Injuries: A Nonsurgical Approach on April 5th from 5:30 to 7:00pm. Please call the office by April 3rd to register.

“REFER A FRIEND CLUB MEMBERS”

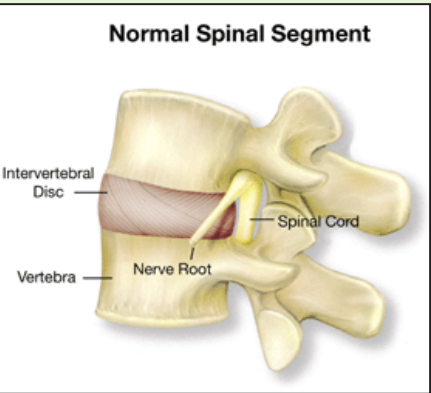
With Gratitude to....

Christina Tabarrini	Mary Alice Spane	Susan Wheeler	Deb Goldblum	Megan Fox
Patti Barker	Judy Huey	Elise Harmon	Michele King	Joan Davison
Ann Marie McNeil	Pauline McCullough	Michael Macley	Rafael Barba	Gretchen Ryan
Kerry Peters	Maureen Wigo	Candice Gandt	Joe Reiser	Brian Schmidt
Ralph Rodak	Frank Gaffney	Lori Valentino	Chuck Oster	Suzanne Stohler
Diane Campbell	Alina March	Dick Greene	Scott Benner	Dana Rhoads
Colleen Keenan	Tom Davies	Bob Greeney	Clyde Siravo	Michele Kichline
Jim Carroll	Mary Lewis	Gina Arasin	Gene Marino	Chuck Kerrigan
Jyll Freimanis	Carol Williams	Jordan Cox	Ro Murray	Dean Prescott
Leslie Rodak	Susan Hunter	Steven Douthwaite	Ann Kavanaugh	Gloria Lopez
David Frees	Michael Fleagley	Fran Lopez	Andrea Boos	Shirley Albed
Cecile Magnette-Cooney	Nancy Allen	Pnina Polishook	Sharon Richter	Karen Hovis
Joyce Belmont	Michelle Ralph	Karen Pollock	Kim Koole	Barbara Wade
Val Grant	Sheila Stankina	Lindsey Smith	Carl Mazzocone	Christine Landis
Sue McCabe	Sharon Yonker	Elizabeth Ator	Liz Ferigno	Gary Holloway
Karen Heft	Jean Oswald	Christa Melotti	Michelle Srolis	Chris Jones
Suzanne Martin	Robbie MacLean	Elinor Ball	Shannon Makhija	Karen Warren
Georgia Skeadas	Michele Hayes	Rosemary Relck	Juliette Hyson	
Suzanne Mechwart	Mike Parducci	Andy Simon	Kathy Lex	
Mark Mintzer	Doug Kuane	Susie Olsen	Walt Hunter	
Fran Finkel	Jim Stowell	Shelly James	Robin Thorn	
Annette Bonner	Barb Herzlich	Donna Schiano	Georganna Lenssen	
Rick Feldsher	Pat Patterson	Lori Clark	Karen Spilks	
Amanda D'Andrea	Laura Duran-Guiles	Kathy Lex	Katherine Bennett	
Nathan Shields	Jackie Thomas	Nancy Sheldrake	Laing McCullough	
Ellen Trucksess	Karen Fitchett	Richard Hark	Jennifer Bastian	
Susan Nagy	Dan Yonker	Karen Greene	Eugemia Julius	
Joanna Piatek	Diane Zwaan	Jane Heumann	Bill Dyer	

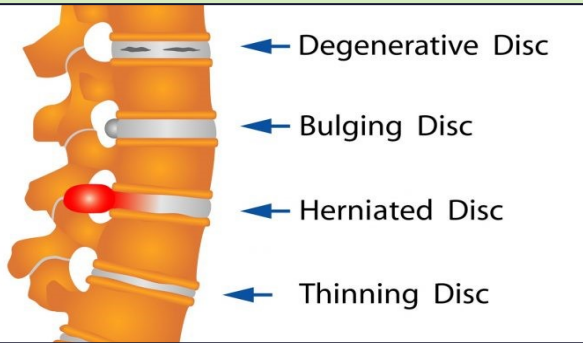
We appreciate the confidence you have in our PT practice and for sending your friends and loved ones our way! Membership to this exclusive club provides discounted gift certificates for The Integrated Healing Center and /or Physical Therapy Services for each friend or family member you refer. Refer a Friend Club Members also are invited to all community educational workshops for free! Stay tuned for up and coming events.

Herniation's and Bulges and Degeneration, OH MY!

Your vertebral column made up of stacked bones which are supported and separated by discs. Not only does your back-bone support the skeleton centrally, but it also protects your spinal cord. Each vertebra has bony structures (called processes) that stick out the back and sides. These processes create attachment points for ligaments and muscles, create space for nerves to exit, and help with movement between each vertebra. Naturally over time, we lose fluid in our discs and our spine has general wear and tear, but that doesn’t mean it has to be painful or require surgery. Here we explore three common sources of spinal pain in the neck and low back and how physical therapy can help!



Think of your disc like a jelly donut. The outside is more sturdy and encases a fluid-like center. While there is pliability to the structure, too much pressure or force can cause a weakening of the walls. In your body, this is called degenerative disc disease. Increased pressure in a specific area may cause the inner jelly substance (disc) to shift but still be contained within the wall, which is a disc bulge. When there is enough trauma to cause the inner disc to spill out, this is a disc herniation. Naturally as we age, we lose water content in our discs, which cause them to thin. This process is a contributing factor in why we lose height over time.



For any of the conditions listed above, posture and spinal decompression exercises can help to maintain neutral space and lessen pain. Depending on the severity of the disc displacement, specific protocols of exercises may be recommended along with joint mobilizations done by a licensed physical therapist. A popular methodology for disc health and healing is the McKenzie Method, which perscribes exercises based on arching the spine to alleviate pain and realign disc material.

If you are currently experiencing or have a history of disc issues in your spine, we are hosting a free workshop on Thursday, April 5th in the Integrated Healing Center from 5:30—7:00pm. Christine Hayes, owner and physical therapist of Christine F. Hayes PT, PC will be highlighting disc diagnoses and how physical therapy can reduce pain and restore function. Also be sure to take advantage of our free screen enclosed!

Success Stories:

“I have been diagnosed with degenerative disc problems and bone spurs in 2 levels in my Neck. My posture was aversely affected because I found relief pushing my head forward. Stephanie showed a level of interest and concern and that was encouraging. The hands on treatment as well as focused stretches and movement allowed me to make rapid progress. I am able to stand with my head correctly aligned and move my neck without pain or tingling.” -Robert G.

“I had constant nerve pain with standing for two months and was diagnosed with discs that were herniated and bulging. The pain is completely gone now after six weeks of therapy.” -Ed L.

“I was having trouble putting socks on playing with my grandkids, and playing golf. On discharge, I’m able to do all those things without pain and enjoyed being in an atmosphere of total health.” -Judy H.