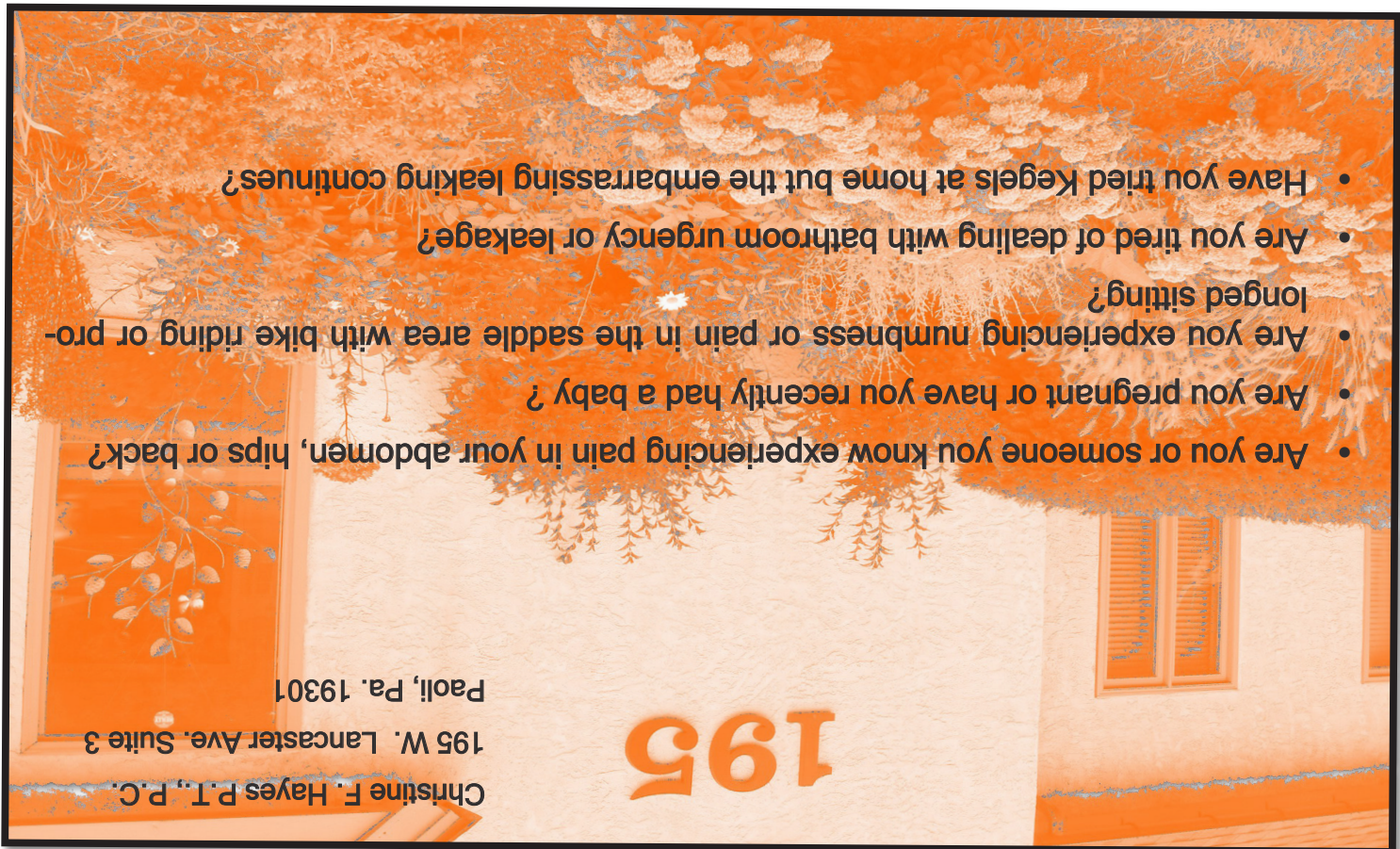


Christine F. Hayes P.T., P.C.
195 W. Lancaster Ave
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Christine F. Hayes, P.T., P.C.
& The Integrated Healing Center

*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!

May 2018

Inside this Issue

- Welcome Drs. David and Kylie Kanze
- What *IS* Pelvic Floor Physical Therapy?
- Refer a Friend Club
- Free Pelvic Pain and Dysfunction Workshop with Brooke Love Green, DPT

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.

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

Is There A Doctor In The House!?

The Integrated Healing Center welcomes Osteopathic Physicians David and Kylie Kanze! The husband and wife duo will be offering hours by appointment Fridays as of May 11, 2018. Both David and Kylie grew up in the state of PA and graduated from the Philadelphia College of Osteopathic Medicine. Both Kanzas utilize the same core treatment of osteopathic manipulation, sports medicine, cranio-sacral therapies, integrative medicine and other complementary modalities to bring wellness to their patients.

David is board certified in Neuromuskuloskeletal Medicine/Osteopathic Manipulative Medicine as well as Family Medicine. He enjoys working with all patients especially high end athletes, adolescents, and children with special needs.

Kylie is board certified in Pediatrics and has two children with her husband. She specializes in newborns to young adults, especially those with Autism and special needs. Kylie also does concussive management for children and young adults.

To make an appointment with either Kylie or David in our Integrated Healing Center, contact them by phone at (267) 437-3299, email info@arcanaCenter.com.

Complimentary Pelvic Floor Screen Coupon

If you or someone you know is having pelvic floor symptoms, call our office to schedule a free 20 minute screen (limited to first 15 callers)

Expires July 6, 2018 610-695-9913

Our complimentary workshop series will feature Brooke Love Green, DPT speaking on **Pelvic Pain, Incontinence and Dysfunction** on May 22nd from 5:30 to 7:00pm. Please call the office by May 18th to register.

“REFER A FRIEND CLUB MEMBERS”

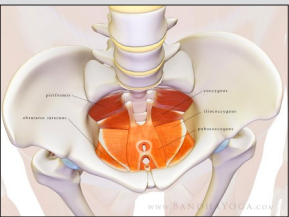
With Gratitude to....

Christina Tabarrini	Mary Alice Spane	Susan Wheeler	Deb Goldblum	Megan Fox
Patti Barker	Judy Huey	Marilyn Gerber	Elise Harmon	Michele King
Ann Marie McNeil	Pauline McCullough	Michael Maciey	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	Nancy McLelland
Joyce Belmont	Michelle Ralph	Karen Pollock	Kim Koole	Courtney Crosby
Val Grant	Sheila Stankina	Lindsey Smith	Carl Mazzocone	
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Karen Heft	Jean Oswald	Christa Melotti	Michelle Srolis	
Suzanne Martin	Robbie MacLean	Elinor Ball	Shannon Makhija	
Georgia Skeadas	Michele Hayes	Rosemary Relick	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 Spiilks	
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	
Christine Landis	Barbara Wade	Karen Hovis	Joan Davison	

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.

What IS Pelvic Floor Physical Therapy?

It’s not just for pregnant women or women who have had babies, it’s more common than you think, and everyone HAS a pelvic floor (men, too). Your pelvic floor plays three important roles. It **stabilizes** your deep core, hips, low back and sacroiliac joints, creates **sphincter control** (bowel and bladder) and maintains healthy **sexual function**. Physical therapy can address diagnoses such as: incontinence (urinary, fecal), pelvic pain, decreased libido, trauma after childbirth, nerve pain, scarring from C-sections or abdominal surgeries, pain with intercourse or medical exams, chronic constipation, and pain in the low back, hips, abdomen and SI joints. If you suffer from any of the above, ***you are not alone***.



- An estimated 1 in 3 women experience stress incontinence. Urinary incontinence symptoms include having to urinate forcefully and/or suddenly that you have difficulty making it to the toilet in time and leakage with coughing or sneezing. “Just-in-case” toileting may also lead to urgency. Symptoms may become more pronounced for those post cancer treatments. Men may also experience stress incontinence after a prostate cancer diagnosis.
- It was recently reported that 2-7% of all adults experience fecal incontinence. Chronic constipation leads to 2.5 million doctor visits per year. PT can help relieve constipation, irritable bowel and other dysfunction through proper toileting techniques and manual therapy.
- According to a 2017 study, about 15% of women of childbearing age in the United States reported having pelvic pain that lasted at least 6 months. Up to 32% of these women had to miss significant work hours due to pain.
- Post baby, 24% of women have painful sex 18 months after giving birth. 29% of mothers show evidence of a pubic bone fracture they never knew they had. 49% of women have incontinence one year after having a baby. Perineal tears occur frequently with childbirth and PT can help relieve pain and reduce scarring.
- Neuralgia and congestion of the pelvis can be caused by bike riding. If you experience any tingling or numbness through the groin, buttock or inner thighs, our physical therapy team can target muscles, trigger points, joint dysfunction and connective tissue areas to help reduce symptoms and improve quality of life.
- Kegels aren’t the only answer! Most Kegels performed independently without professional instruction are done incorrectly which can result in a worsening of your symptoms.



Pelvic floor pain, scarring and incontinence are not things people feel they should just “put up with.” It is treatable. Untreated pelvic floor issues decrease quality of life, increase your risk for infection, and in older adults it can increase your risk of falling. If you experience any of these symptoms, don’t feel embarrassed to talk with your healthcare team.

Brooke Love Green, DPT will be hosting a free workshop in pelvic pain and dysfunction on Tuesday, May 22nd from 5:30 to 7:00pm in our Integrated Healing Center. Call our office to register as space is limited! (610) 695-9913