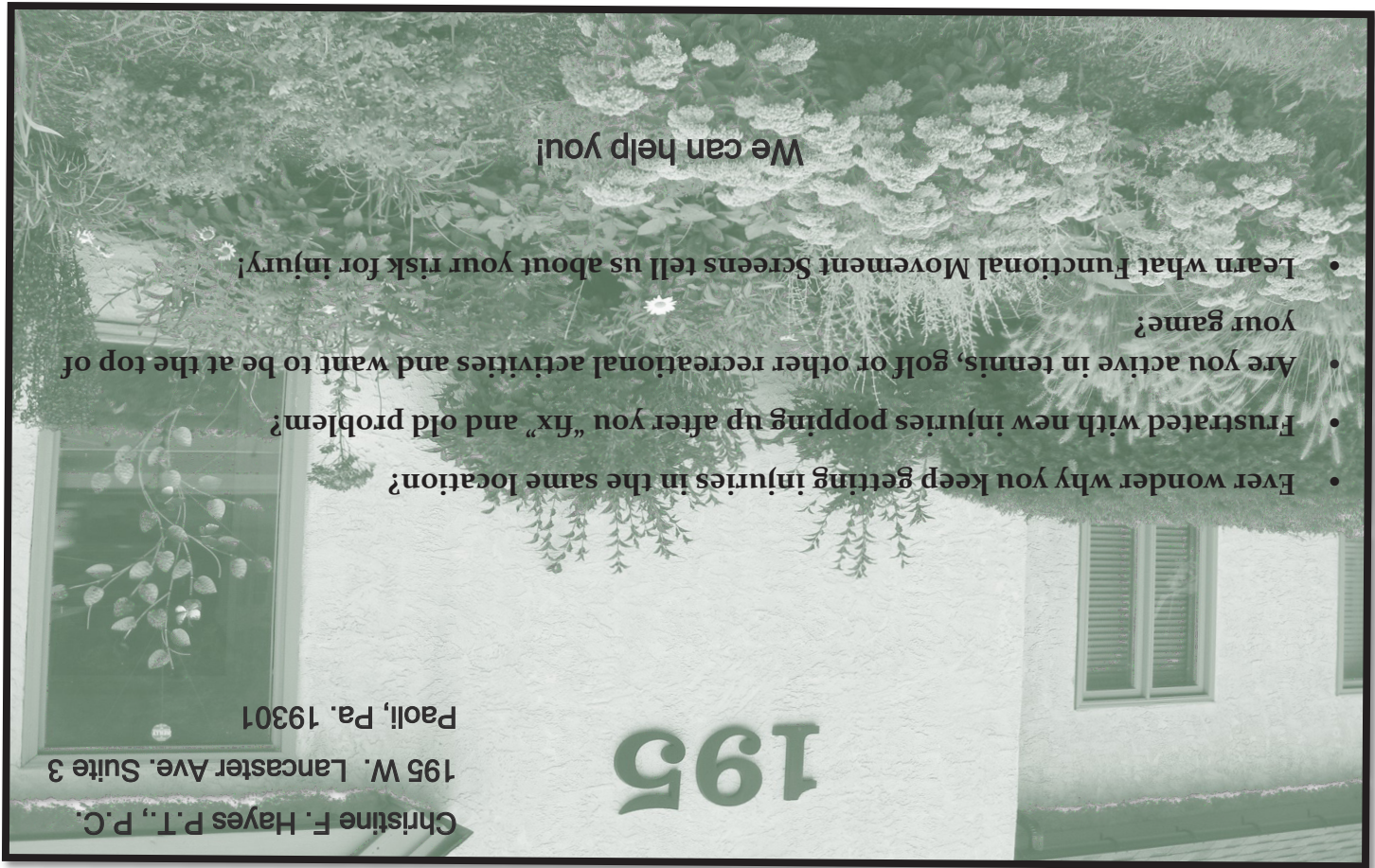


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Christine F. Hayes, P.T., P.C.
& The Integrated Healing Center

*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!



August 2018

Inside this Issue

- Introducing Bob Henderson PT, DPT
- Want to find out how well your body moves? Learn what Functional Movement Screens tell us about your risk for injury!
- Refer a Friend Club
- Free Coupon for SFMA Screen

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

Welcome Robert (Bob) Henderson!

A recent graduate from Widener's Doctorate of Physical Therapy program. Bob is the newest addition to the clinical staff at Christine Hayes PT PC.



Bob grew up in Northeast Philadelphia, where he played a variety of sports including basketball, soccer, golf, and tennis. His love for sports pushed him to pursue a career in physical therapy. He attended Widener University and studied Biology and Pre-Physical Therapy, which led

to attending Widener University's Institute for Physical Therapy Education. He graduated from the DPT program in May of 2018 and obtained licensure after passing his boards in July of 2018. During his time at Widener, Bob received his medical certification in Titleist Performance Institute for golf which he intends to utilize as he starts his career with us.

Outside of working as a Physical Therapist, Bob enjoys golfing, traveling, going to concerts, and cheering on the Philadelphia sports teams. We are very excited to have him as a part of the team, and welcome his skill set and new knowledge to Christine F. Hayes Physical Therapy. Welcome, Bob!

Complimentary SFMA Coupon

If you or someone you know is having pain or weakness with movement, or are curious about your movement patterns, call our office to schedule a free 20 minute screen (limited to first 15 callers)

Expires October 5, 2018

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 Mazzone	Chrissy Miller
Sue McCabe	Sharon Yonker	Elizabeth Ator	Liz Ferigno	Amy Chain
Karen Heft	Jean Oswald	Christa Melotti	Michelle Srolis	Lisa Belmonte
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 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	
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.

- Ever wonder why you keep getting injuries in the same location?
- Frustrated with new injuries popping up after you “fix” and old problem?
- Are you active in tennis, golf or other recreational activities and want to be at the top of your game?



The SFMA (Selective Functional Movement Assessment) was created by Gray Cook, PT. It utilizes a “top tier” approach with seven movement sequences to assess movement patterns throughout the body comparing them to an established standard. The SFMA is a great way to get a complete picture of how your entire body moves (*and is interconnected*) rather than working with an isolated injury or problematic area and hoping for long lasting results!

We use the SFMA throughout physical therapy treatment for a variety of reasons. It can be used as an tool during a pain response (typically when we evaluate a new injury) to identify the most problematic movements and ultimately the underlying “root” cause with a series of break out tests. These body systems are then addressed with corrective exercises and appropriate manual therapy (massage, joint mobilization, ART etc.) to decrease pain and increase motion. In physical therapy, we also use functional movement assessments as a part of our “phase two” rehab. Once you are painfree and have met your basic goals of function, we have you perform the seven sequences to bring to light any asymmetries or limitations that may create problems in the future. In practice, we not only want to have you leaving physical therapy with low pain and high mobility, but also with the education that you can prevent future injury from happening in the future by addressing the whole body! Complete care means a thorough examination integrating ALL of your moving parts!

You may ask, is this type of testing appropriate for both the elderly and the young or just for athletes and weekend warriors? We would say yes even if we need to modify some of the testing for some clients/patients. For the majority of our patient population, the SFMA is a great way to look at quality of movement and obtain a complete picture of the body as opposed to addressing isolated systems. This can be especially important for daily activities such as walking, climbing stairs, and getting in and out of chairs. It also is used in athletes and active individuals looking to return to golf, a gym routine, hiking, yoga. Even when there is no pain limiting your life, there are always learned behaviors that impact how you move. Why not find out today, how well you are moving??

