



The PT ADVOCATE

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

August 2019

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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

Introducing Megan Hanlon, DPT

Megan graduated from the University of Medicine Dentistry of New Jersey in 2011 with her doctorate in physical therapy. Initially practicing in the DC metropolitan area, she moved to the Philadelphia area in 2018 to focus on outpatient orthopedics. Megan enjoys continuing education courses that focus on healing through hands-on techniques, as she believes that this is a crucial component to restoring normal movement patterns and maximizing physical therapy outcomes for her patients. Her passion for one-on-one manual therapy is what drew her to join the Hayes Physical Therapy team in May of this year.



In addition to her passion for orthopedics, Megan has become interested in treating women's health and pelvic health conditions. She has completed Pelvic Health Level 1 coursework through the American Physical Therapy Association and plans to pursue further coursework to obtain her Women's Health Clinical Specialist Certification.

Outside of work, Megan enjoys sampling new foods and cuisines, and cooking at home for friends and family. She loves music and going to concerts, and enjoys practicing and learning to play new instruments (piano is her favorite)! Originally from northern New Jersey, Megan is an avid New York Mets fan.

Join us in welcoming Meg to the practice!

This Month's Featured Refer A Friend Club Members:

Kathy Sugg, Joanne Cantwell, Suzanne Frantz, and Shirley Pincus

Extending gratitude you ladies, and to our ever growing list of members! Your referrals mean the world to us. We appreciate being your go to for physical therapy care.

Special Announcements:

We are 2019's Best of the Main Line winner for physical therapy services! Cheers to back-to-back years! Thank you all for your votes and confidence in our practice!



Last chance to sign up for our in-house laser therapy arthritis study! Have you been diagnosed with “bone on bone” arthritis? Are arthritic joints getting in the way of an activity you love? Few spots remain to be a part of this laser therapy study at a discounted rate. Call our office to sign up, (610) 695-9913. Curious about results thus far? Here is a testimonial from a recent patient, Muffy L

“My experience with laser has been a successful one. In fact, I had a lot of cramping, stiffness, decreased mobility and pain in both my hands. This limited gardening, yardwork, digging, lifting, and exercise class with body pump. Now I can do exercise class with greater ease, have no issues with gardening or yardwork, and am not in pain all night long. I am able to be more flexible and not clutching and rubbing my painful joints all the time. I had swelling that also went down considerably. It did not cure me, but to be able to continue this treatment periodically will allow



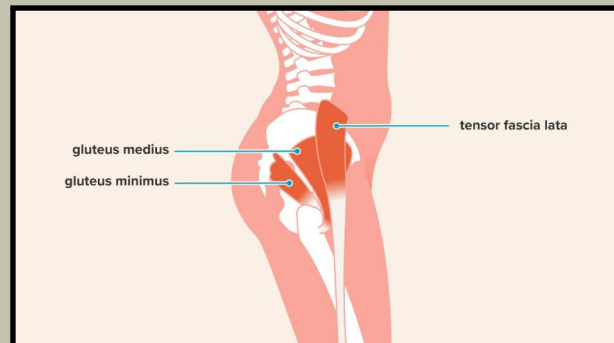
Over 40 million people consider running their mode of exercise and stress relief, with over 10 million of those people running at least 100 days a year. Though statistics vary between 18 and 73 percent of runners reporting injury, the average is *over half of runners worldwide report pain or injury from running*. The majority of these injuries occur from overuse. Common injuries include muscle strain in the quads or hamstrings, ITB syndrome, knee pain, shin splints, plantar fasciitis, and stress fractures. Despite the scary statistics, we've got good news for you! Physical Therapy can help!!



Mechanical alignment is of great significance when running. Any time you place yourself in a position where both feet leave the ground, even for a moment, you are placing over two times your body weight through your joints on the return to earth. If you have a fallen arch or an arch that is too high, this could affect how your leg lands from the ground up, causing excess stress on your knee and ultimately the hip. Another factor in mechanical pain is if your knee is more in a knock-kneed position, or if you are bow-legged. There are exercises, taping techniques, and orthotic suggestions that can ease pain for those with mechanical problems.



Hip and core strengthening are things most runners do not consider, especially regarding injuries. True, your hamstrings and quadriceps do *a lot* of work when running, and can be strained. Your stability in your legs is sourced primarily from your gluteal group (buttocks) and hip rotators. Inadequate strength here may be contributing to how your knee functions, and places stress on less stable joints further down the chain. Strengthening through the hips, buttocks, and deep abdominals can all be beneficial to increase the power and stability in your stride, and decrease the chance of an injury in the leg.



If you are currently experiencing any of these pains, consider physical therapy as a non-invasive, medication free way to get back on track. If you are currently active and have a history of a running or gym related pain, this alone puts you at higher risk for future injury. If you are curious about what physical therapy can do for you to PREVENT future injury, or would like to see what orthotics or laser therapy can do for you, give us a call!

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Are you ready to start a new exercise program in 2019?

Are you worried old injuries can thwart those exercise goals?

Do you want to prevent injuries and work out at your best?

If you answered “yes” to any of these questions,
read on and give us a call!