



The PT ADVOCATE

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

February 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.

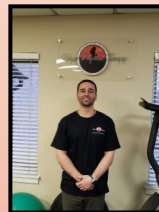
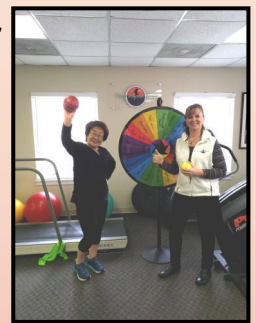
Contest for past and present patients.

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

It's Time To Spin The Wheel!

If you've been in the office of Hayes Physical Therapy recently, you may have noticed a new addition to our gym area: a colorful prize wheel!



We now have t-shirts for current patients!

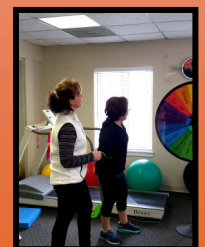
Every time you wear your shirt to your appointment, you get a ticket put in our prize basket drawing.



Our first drawing, January 28th, was a big success! We had a patient/guest participant pick a random ticket and spin the wheel! Office staff serenaded the gym floor as the wheel came to rest on this month's prize: a myofascial release ball!

Drawings will be held the last Monday of every month. If your name is drawn and you would rather try your own luck at spinning the wheel, you are able to swap the current prize for the one you spin for.

Good luck to all of our patients!



Complimentary Coupon for Knee Pain

*If you or someone you know is experiencing knee pain , call our office to
schedule a free 20 minute screen*

(limited to first 15 callers)

Expires March 29, 2019

To schedule, please call our office 610-695-9913

REFER A FRIEND CLUB MEMBERS

With Gratitude to....

Christina Tabarrini	Mary Alice Spane	Susan Wheeler	Deb Goldblum	Megan Fox
Patti Barker	Judy Huey	Rob Robinson	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 Feagley	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	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	Sanjay Attri
Georgia Skeadas	Michele Hayes	Rosemary Relick	Juliette Hyson	Sarah Sheehan
Suzanne Mechwart	Mike Parducci	Andy Simon	Kathy Lex	Casey Brydle
Mark Mintzer	Doug Kuane	Susie Olsen	Walt Hunter	Atea McArel
Fran Finkel	Jim Stowell	Shelly James	Robin Thorn	Trish Toro
Annette Bonner	Barb Herzlich	Donna Schiano	Georganna Lenssen	Michael Hyatt
Rick Feldsher	Pat Patterson	Lori Clark	Karen Spilks	Mike Welsh
Amanda D'Andrea	Laura Duran-Guiles	Kathy Lex	Katherine Bennett	David Taylor
Nathan Shields	Jackie Thomas	Nancy Sheldrake	Laing McCullough	Nancy Pomilo
Ellen Trucksess	Karen Fitchett	Richard Hark	Jennifer Bastian	Lori Fratinardo
Susan Nagy	Dan Yonker	Karen Greene	Eugemia Julius	Dan Harley
Joanna Piatek	Diane Zwaan	Jane Heumann	Bill Dyer	Sara Ashworth
Christine Landis	Barbara Wade	Karen Hovis	Joan Davison	Shannon Bassett
Barb Max				

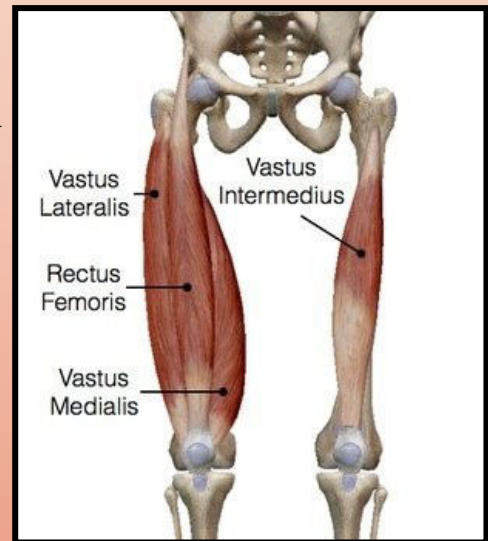
We appreciate the confidence you have in our PT practice and for sending your friends and loved ones our way! Membership to this exclusive club provides discounted gift certificates for The Integrated Healing Center and /or Hayes Physical Therapy for each friend or family member you refer.
Thank you for making us your go to physical therapy practice!

#QuadGoals: How Your Quadriceps Can Help Your Knee Pain



Knee pain is a common diagnosis in physical therapy. Whether it's from years of playing a sport, squatting incorrectly, or arthritic changes, knee pain is often a part of what keeps you from doing daily activities (like climbing the stairs) and gym activities (squatting, cardio machines). The likely reason behind your knee pain? Your quads!

Your quadriceps are actually four distinct muscles that work together to straighten your knee: your rectus femoris, vastus lateralis, vastus intermedius, and vastus medialis. When you have weakness, trauma, or asymmetry in this muscle group, you may experience pain in the knee and a change in how your kneecap functions. Because of the way these four muscles surround the knee cap to the left, right, and above, they are actually responsible for how your knee cap tracks when you straighten your knee. In a healthy knee, as you straighten your knee joint, your kneecap should shift slightly up and outward towards your thigh. If your quads are weak as a whole, your knee cap may not have the strength and clearance it needs to shift appropriately, causing a rubbing pain, especially in individuals with arthritis. Note the picture above. You have a vastus lateralis, and a vastus medialis. Imagine your vastus lateralis is tighter and stronger than the medialis branch. When you straighten your leg, your knee cap is likely to rest laterally, and rotate in the outward direction, causing pain, joint instability, and mechanical issues with knee bending and straightening over time.



In physical therapy, we can assess your knee and hip mechanics, and issue movements to help strengthen your quads appropriately to lessen knee pain and restore function! If you're interested in learning more about how we can help, take advantage of our free screen for knee pain on the opposite page, or call the office at (610) 695-9913.

In addition, look for upcoming workshops about the best exercises to combat knee pain, shoulder pain, and neck pain. These will be in addition to our monthly series highlighting back pain and sciatica!

Hayes Physical Therapy

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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!