



## The PT ADVOCATE

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

June 2019

### *Inside this Issue*

- Welcome Back Josette
- “Laser Therapy Saved My Life, A Story of Pain, Hope and Healing” by Jim D.
- Arthritis Sufferers....Is Laser Therapy right for you?
- Arthritis and Laser Workshop June 25, 2019
- Participants Wanted for Arthritis Laser Study
- Refer a Friend Club—Update!

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

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 Back Josette!



Josette Cicacci is a return practitioner at Hayes Physical Therapy. In 2011, Josette graduated from Harcum College's Physical Therapist Assistant program and took her first position with our crew. Josette fell in love with the myofascial release (MFR) to which she was initially introduced at our practice. In 2013, Josette ventured out on her own as an independent practitioner.

Josette went on to pursue a great deal of continuing education with MFR guru, John F. Barnes. Having completed Myofascial Release Level I and II, Rebounding, and Unwinding, Josette turns to MFR as the foundation for her manual therapy interventions. Along the way, Josette also began to delve into the practices of yoga, meditation, and mindfulness. Her personal interest on the subjects led to formal training - a 200 hour yoga teacher training with The Living Mandala School of Yoga in 2012; a meditation certification with Lifestyle Meditation in 2013; and the pending (May 2019) completion of a 3 year course of study from The Pennsylvania Gestalt Center.

Having maintained her Indirect Supervision licensure as a PTA, Josette is excited to be back on-site with us 2 days a week. Seeking balance, current clinical knowledge, and a return to the team setting, Josette is eager to meet and have the opportunity to work with you!

**THANK YOU to all of our Refer A Friend Club Members. The list is over 150 people strong! Due to the current number of members and ongoing growth, we are highlighting *only* monthly additions going forward. For every person you refer to our practice that becomes a patient of Hayes Physical Therapy, you will receive a \$10 gift certificate for any PT or Integrated Healing Center Service or PT supply.**

**Featured members:**

**Thomas Leahy, Priscilla Belsinger, Kerry Ann Peters, Mary Ernst, Paul Williams, Mitzi Coughlin,**

**Sheila Stankina, Judy Chelli, Peter Theune, Dick Minnich**

**"Laser Therapy Saved My Life" .....A Incredible Story of Pain, Hope and Healing**

Prelude: "In 31 years of practice as a physical therapist, I have never seen anyone suffer more than Jim D. throughout his entire body! We met 5 years ago and worked our best magic for 3.5 years to attempt to give Jim pain relief and his life back. Our best practitioners in both PT and The Integrated Healing Center worked together using modalities of acupuncture, cranio-sacral, energy healing, gentle physical therapy, all with limited success due to the severity of Jim's injuries.....sadly I discharged Jim hoping and praying for the best! When I purchased our class IV laser, Jim was the first phone call I made and I/we have been blown away by the results!" .....Chris Hayes, PT

*"By the time I first met Chris in 2014 my body was already a wreck. I spent 32 years in railroad construction, played sports, and lifted weights. In 2000 I had a construction accident that blew out two discs in my back. My spine was never the same. I had 3 microdiscectomies, nerve ablations, and too many injections to count. I finally had a double level spinal fusion in 2007.*

*After a year I resumed work and working out. Except for a few minor incidences requiring injections, I was okay for years. In 2014, after lifting my dad with Parkinson's, I started getting horrible pain in my back and groin that would leave me bent over screaming. That went on for a month before I was introduced to Chris. She saw me right away and we worked together for a few weeks. It calmed a little, but I could not take the pain anymore. Against Chris' advice, I had my sacro-iliac joint fused. Worst mistake ever! My body went crazy with uncontrollable spasms and I had nerve pain that increased with any movement after surgery. I returned to PT, Acupuncture and Cranio-sacral for several months and was able to return to work part time.*

*Within a month of working, two discs in my neck blew and all my symptoms came back hard. I was not a surgical candidate. We tried PT and I had 2 spinal cord stimulators put in to help with pain. I liked it for a while until I figured out it was just masking pain and not fixing it. By using it, it was easy to overdo things which made things even worse. We tried more PT but ultimately we hit a wall and there was nothing more Chris' team could do as I couldn't tolerate any exercise or even being touched. I was in constant pain and extreme muscle spasms throughout my body with the simplest of movements. For over a year, I laid on the couch all day every day in pain. I would beg for just 5 minutes of pain relief.*

*I got a call from Chris telling me about a newly acquired class IV laser. Within a few sessions, I started to notice weird things. I was putting on my socks without yelling and walking upstairs without it feeling like I was climbing Everest. I got around the grocery store without having to leave my groceries abandoned because of pain. These may sound like simple things, but these caused immense pain previously. I've also noticed that I have a few hours a day where my body is calm, no pain anywhere! The biggest thing is I have slept for almost six hours at a time when I haven't slept at all for the last couple years. The relief is amazing when it happens. My body feels like it melts into the mattress – like someone has taken a 500 lb weight off of me. We still have a lot of work to do, but without laser therapy, I wouldn't be able to do any of it. I will never be able to thank Chris and her amazing staff enough for what they have done and continue to do for me. They have given me a reason to fight again at a time when I thought all hope was gone. This center and these people are the absolute best in their field. No one else comes close!"—————Jim D.*

## *A must read for Arthritis Sufferers!*

- Do you suffer with debilitating pain in your knees, hips, shoulders, wrists or ankles?
- Have you been told you are “bone on bone” arthritis?
- Do you have to modify normal or recreational activities due to pain?
- Are you looking for an affordable, all natural treatment option to relieve your arthritic pain without unnecessary pain medication, injections or surgery...
- **If you answered yes to any one of the questions above, you are an excellent candidate for our inhouse laser study for arthritis sufferers!**

There are approximately 100 forms of arthritis. The most prominent diagnosis is osteoarthritis or DJD—degenerative joint disease. RA, rheumatoid arthritis, is also common. While these both deal with the bony joints in your body, osteoarthritis is caused over time by mechanical wear and tear, and rheumatoid is autoimmune in nature. Whether you suffer from osteoarthritis or rheumatoid arthritis, laser therapy may be your next best step and a viable treatment option to potentially experience less pain, feel younger, cancel surgery and stop taking pain medication!

**Join us for our next workshop, “Arthritis Sufferers— Is Laser Therapy Right For You,”**  
**Tuesday June 25, 2019 from 12 to 1pm on the second floor**  
**(Integrated Healing Center) of Hayes Physical Therapy, presenter Christine F. Hayes, PT.**

## Arthritis Laser Study: Participants Needed

Hayes Physical Therapy is looking for participants using Class IV laser on osteo and rheumatoid arthritis to measure and assess changes in function, pain, and range of motion. Laser has been used in the treatment of arthritis for many years and has been shown to decrease pain, increase function and decrease the need for joint replacement surgery. Laser is an all natural, affordable, and non invasive modality! Our study will include patients who have osteoarthritis or rheumatoid arthritis in any extremity/joint excluding the spine. **If you have hip, knee, ankle, shoulder, elbow or wrist arthritis that is painful and causing difficulty with daily function, you could be a candidate for the study.**

Patients will receive 15 visits with the laser treatment at a 20% discount. Treatments will be either 2 times or 3 times per week. Each session will last 30 minutes at the most, actual treatment time with the laser will vary. You will complete a questionnaire at the beginning and end of the study and range of motion measures may be done. There will be a complimentary orthopedic screen and home exercise program after completing the 15 scheduled visits. Guided exercise for joint conservation and strengthening will be given complimentary as a thank you for study participation. Our physical therapy team will be able to guide you post study should you have any questions or need for further treatment.

**If you are interested, please call us for further information at 610-695-9913.**  
**This study is limited to the first 20 callers!**



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Do you or someone you know suffer from debilitating Arthritis?

Have you been told you are "bone on bone" arthritis?

Do you have to modify normal or recreational activities due to pain?

Are you looking for an affordable, all natural treatment option to relieve your arthritic pain without unnecessary pain medication, injections or surgery.

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

195