



The PT ADVOCATE

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

April 2020

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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.

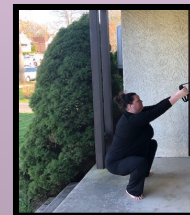


Our goal is to serve you with a great experience so you can:

1. Thank the person that sent you to us
2. And REFER people you care about to our practice

Get Up And Get Out: The Hayes PT Gang Gets Moving

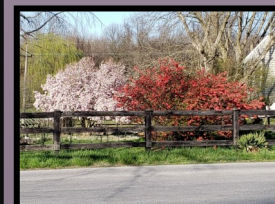
A typical day in the office at Hayes Physical Therapy is an active one. Demonstrating exercise, performing assisted stretches, massaging patients, and moving from one space to the next keep us on our toes. Facing the challenge of staying active while providing physical therapy services from home, the staff takes to the outdoors for inspiration and a break from behind the computer screen. Here's what we've been up to:



Josette and Sara take their workouts of choice (yoga and TRX training)

outside to get some fresh air. Josette is also maintaining her yoga teaching virtually!

Chris, Steph, and Bob have been able to take advantage of the local blooms and growth outdoors on their walks/runs. The clinical staff at Hayes Physical Therapy is welcoming of the warmer weather and changing of the season!



Sometimes you need to step outside, get some air, and remind yourself of who you are and where you want to be.

www.painanddisorder.com

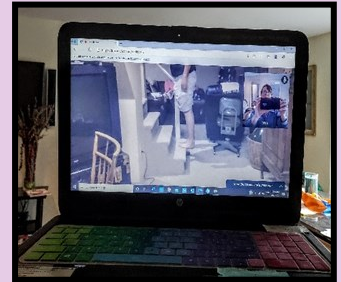
This Month's Featured Refer A Friend Club Members:

Scott Benner, Michele Lafferty, and Cammy Wagner

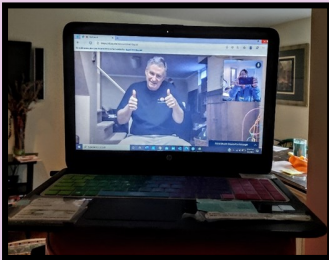
Thank you for your continued trust in our practice!

What Patients Are Saying About Telehealth:

"I have had several telehealth video sessions with Chris Hayes. They have not only helped me feel better physically, but have also helped me feel better emotionally. Chris will guide you through the exercises that your body needs and correct any improper positions you are holding. She doesn't miss a thing, even on the videos! We have a lot of fun! I highly recommend that you try the telehealth sessions. You will be surprisingly happy with the results!" - Lorraine D.



"I'm glad we gave telehealth a try. It was just like being at physical therapy with the same one on one supervision. It enhanced the individual experience with no interruptions. Christine's same enthusiasm comes through using telehealth to promote progress with your client as if we are with you in person. We felt at ease, Bruce doing the reps under your direction and me assisting when necessary with your direction." - Janet and Bruce G.



"Just wanted to say I was hesitant at first to do physical therapy through video chat, but I was in pain and figured 'why not?' Just finished my first chat and my pain went from an 8 to a 3. I am so glad I decided to do it!" - Roger M.

"I just had an excellent telehealth session with Chris. It's been 3 weeks since I had PT in person and I was noticing a decline. Today I did a session of telePT with her and I am glad I did! It was easy to do using my cell phone. It helped me feel better, more limber, and have less pain! Definitely recommend it." -E.K.

Coupon for a free telehealth screen

Please call our office, (610) 695-9913, to schedule.

Limited to the first 15 callers. Expires May 29, 2020.

Telehealth Bridges The Stay-At-Home Gap

Here at Hayes Physical Therapy, our approach to wellness has always been holistically based. Yes, we treat your physical body. And your physical body is greatly impacted by your mental and emotional state, too. In light of the ever-changing and challenging time we find ourselves in, we invite you to find stability and information from your go-to PT team! Below we have gathered information and tips to keep you healthy and safe during this time.



- Rethink the phrase “social distancing” to “physical distancing.” While there are limits to leaving the house, there are great alternatives to stay in touch with other humans! Virtual happy hours, FaceTime birthday celebrations, Zoom game nights, and video-calls are increasingly popular and allow us to stay connected to those important to us. We are embracing this shift and are excited to provide telehealth to our patients! Our new program allows for two way video and audio to cue movement, problem solve together, share updated exercise programs, and see your smiling faces!
- Movement influences the nervous system. It is recommended you get at least 20 minutes of exercise in a day. This is especially important during times of global stress and anxiety. Movement is great for your muscles and joints, and also your brain and hormones! When you are able to elevate your heart rate, your body increases the release of hormones that act as natural anti-depressants. Bonus if you're able to get outside and get some vitamin D while you're at it!
- The nervous system influences healing. Did you know that every time you take a deep breathe, it stimulates your vagus nerve? While the nerve is associated with the cranial nerves, it is responsible for all of your abdominal organs. With healthy activation via diaphragmatic breath, meditation practices, and visualization, the vagus nerve signals your organs to increase production of enzymes and proteins which decrease inflammation, stress, and cortisol levels.
- Utilize free resources. If you usually attend a fitness class, check for free Zoom versions online or discounted packages through local studios and gyms for online content. Museum and gallery viewings more your thing? Search for virtual walk throughs of exhibits, zoos, and live-streaming of performances. Looking for ways to treat your aches and pains at home? Go to www.chayespt.com and you will find self help videos, recordings of workshops, and free meditations for the morning and evening! And don't forget to follow us on Facebook. We are posting new content weekly based on your requests and feedback!

**"Plant seeds of happiness,
hope, success, and love;
it will all come back to you
in abundance.
This is the law of nature."**

—Steve Maraboli

movement is a
medicine for
creating change
in a person's
physical, emotional,
and mental states.

We are excited to continue to serve our patients and provide you with information and care in whatever way we can. If you have any questions or are interested in telehealth sessions, please call the office (610) 695-9913 to connect with us. We look forward to seeing you!

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- Are you feeling cooped up in the house and looking for healthy alternatives?
- Are you noticing increased discomfort in your spine from increases in sitting?
- Do you have a nagging ache that you were too busy to address till now?
- Are you in need of physical therapy for any condition and are unsure of the next step?

If you answered yes to any of the questions above.....read on

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