



The PT ADVOCATE

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

December 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 towards a Hayes Physical Therapy Service or an Integrated Healing Center modality of your choosing.

Limited to the first 3 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

Refer a friend/family member to our practice and receive a \$10 gift card towards any Hayes Physical Therapy Service. We greatly appreciate the confidence you have in our practice, entrusting us with those most important to you!

Mixing Pleasure with Business....The Big European Adventure!

A Western Mediterranean Dream Vacation was all Chris and Michele needed to see posted on Facebook a year ago, to know it was perfect in every way. So they embarked on the gorgeous cruise ship, christened by Oprah Winfrey, The New Holland Statendam Nieuw in October for a trip of a lifetime.



Departing Civitavecchia/Rome, they were blown away by the beauty of the coastal ports of Cartagena, Gibraltar (home to the cheeky Barbary Apes), Seville, Barcelona, Provence, Monaco and Florence all while participating in a Mind/Body Meditation Retreat aboard the ship with Dr. Joe Dispensa.

"Before the cruise, we were fortunate to spend a few days in the amazing city of Florence. We were in complete awe of the artwork, statues and architecture throughout the city!"

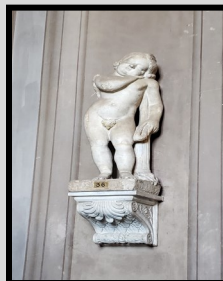
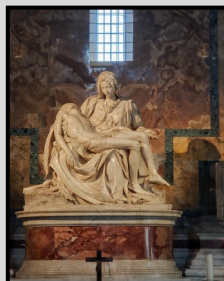


This Month's Featured Refer A Friend Club Members:
Denise Glennon, Linda Craskey, Chris Todd, Sharon Koncurat,
Dena Reese, David Kanze, Al Meyer, Bill Gerhardt, Priscilla Belsinger

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One of our favorite stops was to Cinque terre also known as "The Italian Riviera". We were able to hike and train it through 3 of the 5 villages, Monterossa, Vernazza (pictured left) and Manarola (pictured right), which was the best meal we experienced in all of Italy!



After the cruise our final two days included The Amalfi Coast and Rome; the Vatican, St. Peter's Basilica and the Sistine ChapelOMG everywhere!

The Amalfi coast was beyond words, breathtaking and definitely a spot we shall revisit again and again! We climbed 300 very steep steps to a family owned limoncello farm, pictured right at the top of the white homes, where we had the best limoncello and lemon cake ever!! Lots of bottles shipped home for the holidays! Arrivederci Beautiful Italy!



Special thanks to our amazing staff who held the fort down!

Happenings in the Practice:

"Yoga and Balance for Bone Health" specifically for those with osteopenia/osteoporosis offering safe yoga, balance and core stability practices.

Classes will be taught by Josette Cicacci, PTA and Yoga Instructor , on Wednesdays. A survey on best times for this class will be emailed....please respond with preferences on class times via email at josettecicacci@gmail.com

Choices will include either 10-11 am, 11-12 pm, 12-1 pm or 1-2 pm based on survey preferences!



Is There Help For Your Neuropathy?

Are you experiencing weakness or numbness in your hands and/or feet? The cause could be peripheral neuropathy. Other symptoms may include increased sensitivity to touch, decreased coordination, sharp “stab” like pains, burning and/or a feeling of a phantom cuff creating the sensation of wearing a glove or sock when there isn’t one. These altered sensations can lead to secondary problems such as increased risk of falling, increased risk of burns, and potential worsening of symptoms up the progression of the nerve path.

Neuropathy is diagnosed as damage to the peripheral nervous system, typically in the hands and feet though it can occur in other areas of the body. If the nervous system damage progresses towards the core and central body, it can lead to more global nervous system issues such as difficulty with coordinating breathe, body temperature, and sweating. Neuropathy is often confused with radiculopathy which effects the nerve at the root, though the symptoms may travel to the furthest part of the extremities.

Causes of neuropathy are vast and varied. The two seen most in our clinic are from diabetes, and toxin/medicine induced via chemotherapy drugs. Other causes of peripheral neuropathy include injury, infection such as Lyme and Shingles, and autoimmune conditions such as Sjogren’s and Lupus. No matter the reason, there are noninvasive, drug free options in physical therapy to address the issue. The majority of current treatment today involves medications that mask and lessen pain symptoms without addressing the lack of good blood supply in the effected area, all which carry a host of different unwanted side effects.

We have been featuring our Class IV laser in recent newsletters with great results for a variety of issues. We will be conducting another in- house study with emphasis on patients with neuropathy. Multiple studies show a positive effect on pain levels in those with neuropathy, especially if caused by diabetis. Why does it work so well? The laser stimulates cell growth, as well as a flooding of oxygen and blood supply to the area being treated. Because neuropathy directly correlates to lack of blood flow, the laser allows for the repair of nerve fibers and optimizes their function through increased oxygen, blood, and cellular health.

Interested in Class IV laser for *your* neuropathy? Be sure to take advantage of our in-house laser study and discounted laser package, which will be available from Jan. to March 2020! Participants will be scheduled either 2 or 3x/week for 15 sessions. The study will look at the % of sensory changes and pain relief for the participants of the study, and will also offer a 30 min. complimentary balance or dexterity assessment with exercises at the conclusion of the study.

Call our office to register.....limited to first 20 registrants! 610-695-9913

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- Do you or someone you know have decreased sensation in your hands or feet?
- Do you experience burning or stabbing pains caused by chemotherapy or diabetes?
- Are you experiencing difficulty with dexterity in your hands due to neuropathy?
- Do you experience balance issues due to decreased sensation?
- Interested in an all natural, non-invasive, non-medication treatment option?

Read on and see if Class IV Laser Therapy is right for you.....

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