



The PT ADVOCATE

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

February 2020

Inside this Issue

- What are your 2020 goals?
- Recent Success Stories
- Refer a Friend Club
- Fitness Advocacy In The New Year

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

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes." Andrew Carnegie



In the spirit of the new year and goal setting, we asked staff members: "What would you like to accomplish by 2021?"

"Walk a mile four days a week, and eat my vegetables!"
-Joyce Grugan

"To break 90 in a round of golf." -Bob Henderson

"Perform with my pipe band at a grade 4, and create a posture and back health program for me and my mom." -Stephanie Bean

"Drink more water, travel more, and work out consistently."
-Tyler Stackhouse

"Travel more, get my 5 colorful veggies in per day and meditate more!" -Chris Hayes

"Do 30 push ups, and hit a 60+ average in axe throwing."
-Sara Fortunato

"Improve my knee and plantar fascia pain levels and functionality so I can be more active!" -Lisa Welch

"Explore the intersection of mind and body, and to incorporate my Gestalt training for yoga students and patients."
-Josette Cicacci

"To meditate daily. Travel more often. Spend more time painting and being creative." - Michele Mallon

What are yours?.....

This Month's Featured Refer A Friend Club Members:

**Natalie Lurie, Diane Zwaan, Janet Bruce, Kathy McCartney, Jen Bastian,
Priscilla Belsinger, Maggie North, Laura Ruzzini, Dody Monk,
Theresa Diamond, Carol Albert, Cynthia Smith**

Success Stories:



"When I first came to see Chris I was in pain and fear from phantom pains on both sides of my low back, both hips, and thighs. The ache would move around randomly. I couldn't get enough cream or pills to catch up. I also had an old shoulder injury acting up and keeping me from sleeping. I was feeling old, and scared of falling apart. Chris gave me an amazing gift: the deep core exercise, which somehow pulled everything back to where it should be. Over a short time, I began to feel normal! Stephanie gave me the second big gift: a top rib stabilization exercise which pulled my shoulder in to place as soon as I did it. The entire regiment was helpful and valuable. I can not thank you enough. I feel like I can age gracefully without pain, and in control of my body." - Elizabeth S.

"Bob and Sara helped me immensely. When I came to PT, I had constant dull pain in my right shoulder. I could not lift any weight with my right arm. I had sharp pain pushing doors and opening windows. They helped loosen my tension not only in the shoulder, but my neck and scapula that were related to my pain. After just a few weeks of PT, I am ready to play paddle and tennis without any pain. Thank you!" - Emily B.



Coupon for a free SFMA screen (Functional Movement Assessment)

**Please call our office, (610) 695-9913, to schedule.
Limited to the first 15 callers. Expires March 1, 2020.**

Fitness Advocacy In The New Year



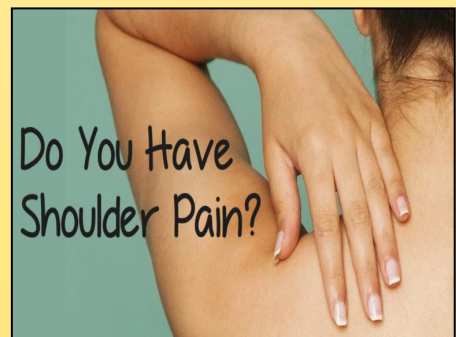
Did you set a goal or intention for the new year this past month? If so, is it health related? Some of the most common new year's resolutions involve joining a gym, running a race, eating healthier, and losing weight. Along with these goals comes a high risk of injury if your body is not attuned to the needs of a new or particularly demanding physical regiment. This is especially true if you have an injury history or are currently working with pain. Popular workouts such as HIIT (high intensity interval training), kettlebell, barre, yoga, cross-training, and boutique style gyms can be great ways to move your body, if your body is ready and you have modification options in your toolbox. No matter your goals, or the route you take, let us be your advocate in achieving optimal success.

In many physical routines, repetition is key. And with repetition comes overuse injuries. Rotator cuff tendinitis with overhead presses at the gym, plantar fasciitis and shin splints with running, back spasms during planks, push ups, or burpees. Programs involving HIIT and kettlebell movements thrive on how many squats, lunges, swings, mountain-climbers, etc you can do in a designated amount of time. Without proper body mechanics and/or safe progression of resistance, these workouts can quickly cause injury.

Other offerings such as yoga, Pilates, Tai Chi, and barre rely on a steadiness through movement. If you are unable to stabilize your deep core muscles, perform full range of motion in a given joint, or have difficulty with balance, these classes may be particularly challenging. This may result in frustration and overcompensating with other areas of the body.

With the start of anything new, there is an excitement and drive that leads to giving 110% and expecting your body to just do what is asked of it. Success in any physical routine is safety, body awareness, setting small goals, and injury prevention. Our physical therapy office is here to work with you *before* an injury occurs. If you have questions regarding safe movement for a preexisting injury or diagnosis such as cancer, osteoporosis, or surgery we are happy to be your go-to team to problem solve and work together to achieve your goals.

How can we help? Schedule a free consult with one of our clinical staff members! Working through an existing injury or diagnosis doesn't have to mean an end to your gym routine. Looking to try something new? Schedule a Selective Function Movement Assessment to get a comprehensive look at how safely and effectively your body moves. Physical therapy is just as important in preventative medicine as it is addressing an injury already in place.



Along with our physical therapy staff, we are happy to announce the addition of functional medicine, acupuncture, functional nutrition, massage therapy, yoga classes, and free workshops to align with the best version of yourself in 2020! Happy New Year!

Hayes Physical Therapy
195 W. Lancaster Ave
Suite 3
Paoli, Pa. 19301



Hayes Physical Therapy
195 W. Lancaster Ave. Suite 3
Paoli, Pa. 19301

261

- Are nagging injuries interfering with your New's Year Fitness Goals?
- Have you recently joined an exercise class and are feeling concerned with past or present injuries?
- Struggling with squats, lunges or overhead shoulder exercises?
- Are you dedicated to staying fit, but your body isn't cooperating?

See inside for more details.....