



## The PT ADVOCATE

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

March 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

### Meet Derek Webster, PTA



Derek grew up in Maryland, garnering interest for physical therapy after having a corrective surgery to fix the positioning of his femur and learning the joy and support that the profession can provide. The passion to improve the lives of people around him was ignited from his parents work with special needs children, and in coordination with his love for physical activity, led him to pursue his B.S. in Kinesiology at the University of Maryland in 2012 and continue on to physical therapy at Cecil College where he received his PT Assistant degree. After graduating in 2016, Derek transitioned into an exploratory period of his life working in a variety of settings across the country, helping people from many different walks of life. After working in Mississippi, Texas, and California, Derek has returned to the East coast to settle down here in Pennsylvania and begin to grow his roots in the community. He enjoys exploring the limits to both his mental and physical capacity, playing sports such as soccer and golf, hiking new terrains, and living his best life alongside friends and family. Derek continues to grow as a person and as a professional, learning from those who have paved the path before him, while making his mark as a charismatic advocate for people in need.

Welcome, Derek, to Hayes Physical Therapy team!

**This Month's Featured Refer A Friend Club Members:**

**Kristen Loftus, Peter Myers, Christopher Todd, Nancy Phillips**

**Thank you for your continued trust in our practice!**

*Featured Success Story:*

*"I started physical therapy with a pain level close to 10 during day time, and 10+ by evening until falling asleep. Tasks such as vacuuming, bending, reaching, standing, and walking for 2 blocks were the most challenging. At the completion of sessions with Stephanie, I can gratefully say that the pain is down to a 2 and on days when I 'overdo,' it hits a 3 at the most. Frankly, my back has not been so comfortable for years. Scoliosis and bone change are not easy conditions to improve, however, my results have been encouraging!"*

*-Suzanne M.*

*"Working with Chris and Stephanie was a wonderful experience. I had a pinched nerve with pain on my left shoulder, neck, back, and arm. I can now sit at a computer, look up and to the left with no pain, and my shoulder strength went from 15% to near 100%. Stephanie is so kind and gentle. She took a total body approach to my osteopenia. We worked with weights and bands for fracture prevention, balance, and leg/ankle strength. I am now stronger after just 8 weeks and without pain. Stephanie and Chris are the best!"*

*-Sandy R.*

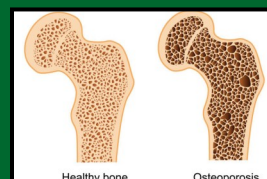
**Did You Know?**

Clinical staff member Josette Cicacci, PTA is also a yoga instructor! She is currently teaching a class, Yoga and Balance for Bone Health, Wednesday mornings at 10am. Get the "ok" from your physical therapy team and drop down to The Integrated Healing Center to work on weight bearing yoga postures, transfers, and balance

**Coupon for a free bone health screen**

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

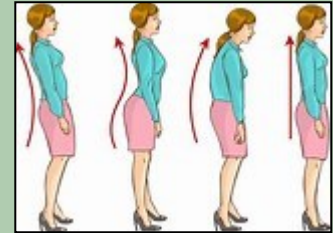
**Limited to the first 15 callers. Expires April 3, 2020.**





## Bone Health and the Meeks Method

Have you or a loved one been diagnosed with osteoporosis or osteopenia? Did you know there are series of movements that can be performed to lessen pressure through your spine and hips? Or that certain movement patterns increase your risk of fracturing a bone? If you've been diagnosed and would like some answers, Hayes Physical Therapy is here to work with you!



One of our Physical Therapists, Stephanie Bean, DPT is completing her certification in the Meeks Method Level 1. This is a method of treatment for people with compromised bone health such as osteoporosis. To complete the certification, Stephanie first attended a 3-day seminar titled: Osteoporosis: A Treatment Strategy, Level 1. Requirements in her course of study, included community seminars with education on bone health and the benefits of physical therapy for bone strengthening and fracture prevention. Another project she led was a 4-week group class involving education and exercise that Dr. Bean taught at Surrey Services in East Goshen. This was completed in November of 2019! Some of the principles taught in her group class started with teaching perch posture for sitting, progressing to hip hinges and foot presses in sitting. It quickly advanced to standing postures for a variety of activities including exercise and activities of daily living with correct techniques. Attendees learned that sitting is the most compressive force on the spine and much of the class was therefore performed in standing.

The Meeks Method includes a comprehensive 12-point approach that is designed to prevent, arrest and/or reverse the common patterns of postural change that occur as, but not necessarily because we age. These 12 points include a pre screening, a Physical Therapy evaluation, education, body mechanics, site specific exercise, postural correction, balance and weight bearing exercises among others. All physical therapists learn about bone health as part of their education. The Meeks Method goes farther with more in depth education on assessment and treatment.



Stephanie intends to teach patients individually and in group workshops at Hayes Physical Therapy how they can best live with osteoporosis and osteopenia. One piece of information that is new to people with osteoporosis is that flexion or forward bending of the spine can put increased force on the front of the vertebrae which can lead to compression fractures.

There are several types of exercise that are not good if you have osteoporosis but there are also many types of exercise that would be great for you! You can learn them with treatment in Physical Therapy. Call our office today for either a screen or Osteoporosis/Osteopenia Evaluation with Dr. Stephanie Bean. 610-695-9913

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- Are you or someone you know losing height with each year?
- Have you noticed significant rounding in your upper back, a hump that makes it difficult to sit or stand upright?
- Have you had one or more fractures especially in your back, hips, wrist or feet?
- Are you interested in improving your bone health with safe exercise?
- If you answered yes to any of the questions above.....read on