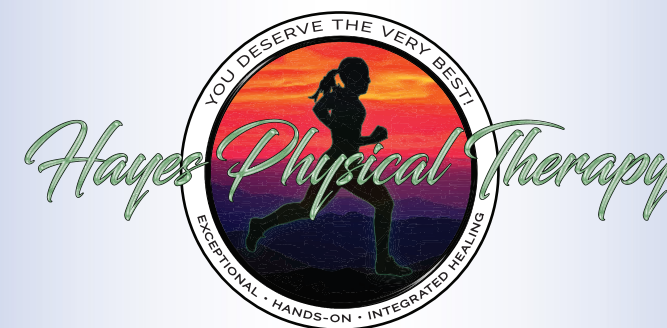
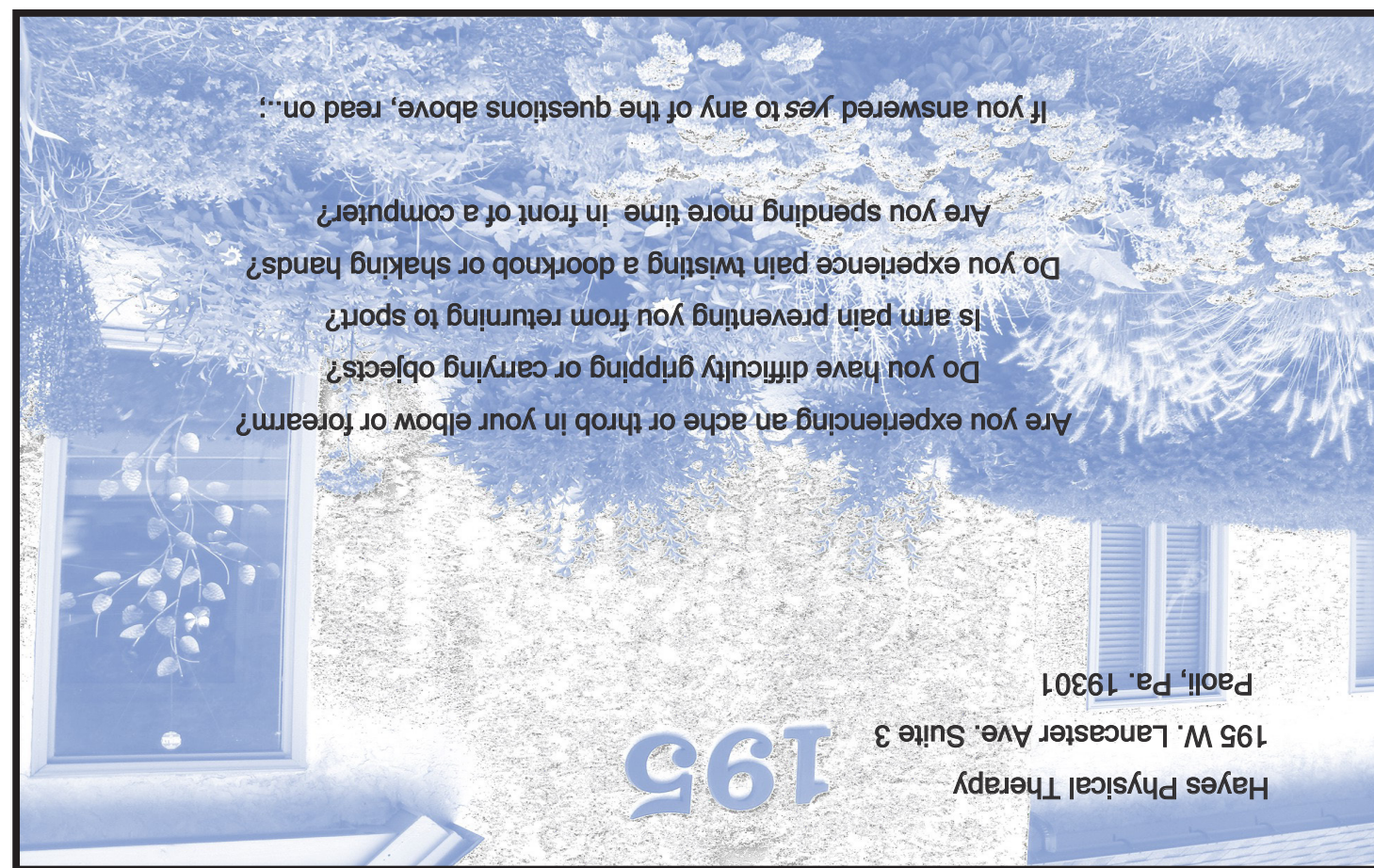




195 W. Lancaster Ave
Suite 3
Paoli, PA 19301

RETURN SERVICE REQUESTED

FIRST CLASS
PRESORT
U.S. POSTAGE
PAID
Upper Darby, PA
Permit #45



The PT ADVOCATE

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

July 2020

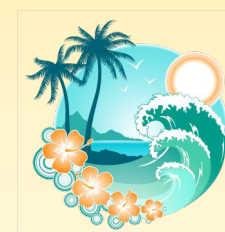
Inside this Issue

- Hayes Physical Therapy 3-peat!
- Help Us Celebrate!
- Refer a Friend
- Does Tennis Elbow Really Only Happen To Tennis Players?

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.

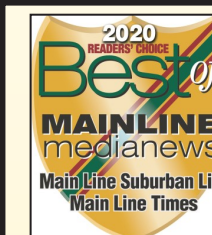
Limited to the first 10 callers.

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



Hayes Physical Therapy Practice Wins “Best of the Main Line” For Third Year In A Row

Thank you to the Hayes PT Community for once again voting us “best physical therapy practice” of the Main Line! We appreciate the nomination and ongoing support from patients and others in the healthcare community.

We’ve had the privilege of growing our practice for the past 21 years, and getting to work with all of you. Imagine the surprise when the front desk received a phone call that the practice missed the “winner’s party” without knowing we’d even been nominated!

Full of gratitude, we are happy to continually serve the community and be recognized as a top practice. Cheers to many more years!



This month's featured Refer-A-Friend Club Members: *Jennifer Fisher, Susan March, Monica Antona, Deb Ludwig*

Thank you for your continued trust in our practice. We appreciate you!

You are Cordially Invited to a Day of Free Exams and Festivities!

We all need something to celebrate and we have 3 things for you:

1. Our 21st Birthday!
2. Winning our third year in a row for *Best Physical Therapy Practice on The Main Line!*
3. Bouncing Back to normal and making it through COVID -19!

We've spoken to many of you during this time.

You're in pain, you're stiff, and you're ready to get back to normal again.

Join us on August 12, 2020 from 7 to 5 pm right here at

Hayes Physical Therapy for a day of FREE EXAMS!

You will leave here with the following:

- The cause of your pain or problem
- A plan of what successful treatment looks like
- Exercises to get you started with pain relief

Each therapist only has 10 spots available for this time.

It's time to get your life back on track and start to live life normally again.

Call 610-695-9913 now to save your spot!

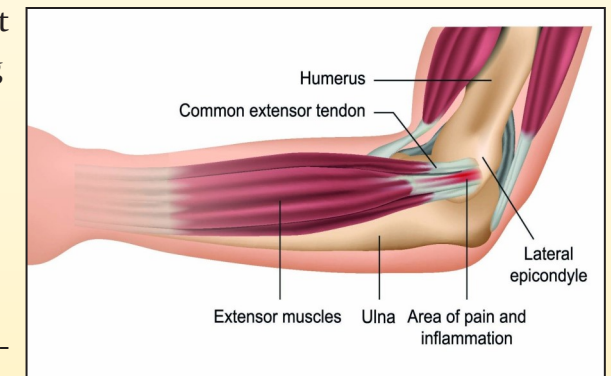
Please share with your Family and Friends
as well!



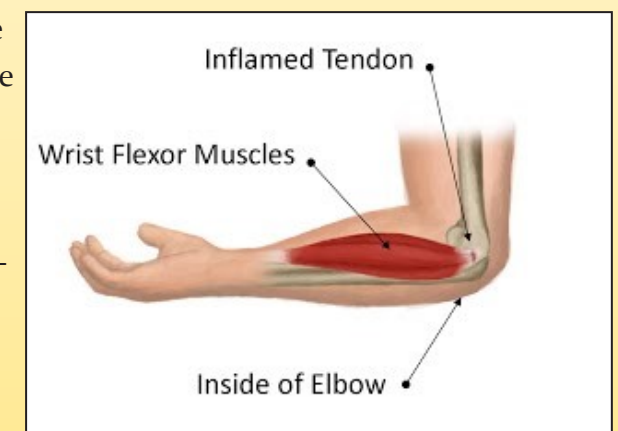
Can I Have Tennis Elbow If I Don't Play Tennis? Elbow Pain, Explained

Your elbow has two main epicondyles with thick tendons where your forearm and wrist muscles attach. Compared to bigger muscle groups like your biceps and triceps, these forearm and wrist muscles perform smaller fine motor skills like gripping, buttoning clothes, mousing/typing, and using keys. Repetitive and/or forceful motions with the elbow and wrist joint tend to create irritation in the tendon and corresponding muscles.

The lateral epicondyle is responsible for wrist and finger extension and also plays a role in turning your palm face up and face down. When you injure this area, pulling your hand in a motion to type, click a house, shake hands, or grip with the elbow straight can cause pain!. Commonly referred to as "tennis elbow," the common extensor tendon becomes irritated and inflamed. Despite the name, only 5% of people with this pain pattern blame tennis! More often, the pain and injury occurs through repetitive motion (like gripping with driving), forceful movements through the forearm and elbow (racquet sports), or frequent vibration (like using a drill or mixing/baking in the kitchen).



Crossing the medial epicondyle, we have the flexors of the wrist and fingers. Injuries to this space are referred to as golfer's elbow, or lifter's elbow. Work requiring gripping and bending the wrist is most often the culprit of pain and trauma to this area, putting those who golf and perform heavy lifting at a higher risk. This diagnosis is less common than it's tennis elbow counterpart.



If you are currently experiencing pain through the elbow, forearm, or wrist with daily activity or sport, be sure to take advantage of our free screens this month! It's especially important with pain involving overuse or repetitive motion, as over time the tendons and muscles can develop microtears and scarring. Often we see these injuries become chronic with people masking pain or simply "fighting through it." Here at Hayes Physical Therapy, we combine stretching, strengthening, hands-on care, and class IV laser to encourage tissue remodeling

Link to ART <https://chayespt.com/active-release-technique/>

Link to LASER Therapy <https://chayespt.com/laser-therapy/>

Link to Educational Video <https://chayespt.com/resource-library/educational-videos/>