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The PT ADVOCATE

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

June 2020



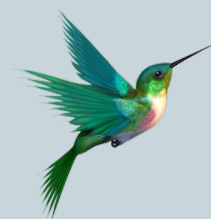
Inside this Issue

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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.



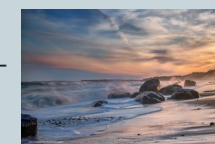
Our goal is to serve you with a great experience so you can:

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

“Travel opens your heart, broadens your mind, and fills your life with stories to tell.” -Paula Bendfeldt.

Breathing is getting a little easier these days, both literally and figuratively, and vacations are in sight! The staff at Hayes Physical Therapy has plenty of trips to look forward to after stay-in-place orders and distancing for the last twelve weeks!

Michele and Chris are heading to Martha's Vineyard in September! They enjoy biking along the coast, kayaking to Menemsha for lobster rolls, and plenty of time on the beach.



Sara will be hiking, kayaking, and rafting in the Smoky Mountains of Tennessee this month, and will be celebrating her sister's wedding this fall in Indianapolis.



Tyler has his yearly trip to Bethany Beach in July with family and has Australia on his bucket list.

Stephanie will be returning to Scotland in 2021 with stops in England and Wales. She also has a trip later this year to Plymouth, Massachusetts for the 400th anniversary of the Mayflower landing.



Joyce will be travelling this summer to Arizona for the first time and is planning many weekends at the shore—her happy place!

Bob is planning on going to Denver and Fort Lauderdale by year's end.

Lisa's travel include a cross country trek to the Grand Canyon and a trip to Niagara Falls on both the US and Canada sides.



This month's featured Refer-A-Friend Club Members:

Meg Tredinnick, Tom Stanley, Josette Cicacci, Kathy Frank, Gerry Lambert

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

Featured Patient Testimonials

"When I started PT in May, I had a lot of low back and neck pain/tightness. I also had sciatic nerve pain in my right leg and foot. I was previously a runner and quite active, but these issues have prevented me from doing these things over the past year. Through my PT sessions, I learned exercises to help strengthen my hips and glutes and discovered my flat foot issue which contributed to much of my pain. I had custom orthotics made and have seen much improvement. Since starting, PT has helped me to gain strength in my legs and core and I am now able to pick back up some of the exercise I was previously able to do. I have seen improvements in my neck as well! Thanks Chris and Bob!" -Tammy D.



**Join us for a Complimentary
Runner's Clinic July 15!**

Hayes Physical Therapy and The Running Place will be hosting a free outdoor clinic on Wednesday, July 15, 2020 from 5:00 to 7:00 PM. Stations will be set up for analysis of your running cycle, orthopedic testing specific to running, orthotic assessment, stretching and sneaker analysis to name a few of the benefits. Raffles and prizes will be included. In the event of rain, all activities will shift indoors to Hayes Physical Therapy. Please share this event with your fellow runners and running clubs!

RSVP is a must by July 13 as spots will fill quickly!

Are You Ready To Make Healthy Strides?

Has your normal exercise routine shifted due to gyms being closed? That statement holds true for so many individuals. Whether you'd categorize your pre-quarantine self as a runner or not, you may find yourself with that label today. Injuries are common among runners - shin splints, plantar fasciitis, and knee pain are some of the more well known complaints, and there are many more that go untreated.

Often, we think of running as purely a cardiac challenge or something that challenges our legs and makes them sore. Running is especially trying systemically for our bodies because it's a type of workout that requires both feet to be in the air simultaneously, putting extra stress on your joints with heel strike. To keep momentum and pace, consider your trunk posture and rotation, as well as your arm mobility. All of these things have to work well separately and together to propel you forward at a desired pace or total mileage.

At Hayes Physical Therapy, our clinical staff is uniquely trained in observing and measuring the body as well as assessing mobility, strength and function. We offer a complimentary 20 minute screen to new patients. For runners, this includes an assesment consisting of six to eight tests which gives a brief overview of the important functional abilities required for success in running.

There are specific requirements that can improve ones' running. A complete runner's evaluation includes tests for core strength, foot and ankle mobility, foot alignment and spine mobility, among others. Our therapists can determine if your muscles are able to develop the large amount of force required to run, as well as if you can do so quickly enough for efficient running.

We can also determine if you have the range of motion required for running. Hip flexion and extension mobility, gluteal strength, pelvic alignment, and core strength are all integral components of assessment. Performing these and other tests will let us know if your body has the mechanics needed to run with optimal mechanics and safely. If you have areas of pain or injury, we can develop a plan to treat them and help you return to pain free running.

Curious to know more? Call our office at (610) 695-9913 to schedule your free screen or full evaluation with one of our Physical Therapists. Let us be your advocates in striding towards healthy running today!

