



195 W. Lancaster Ave
Suite 3
Paoli, PA 19301

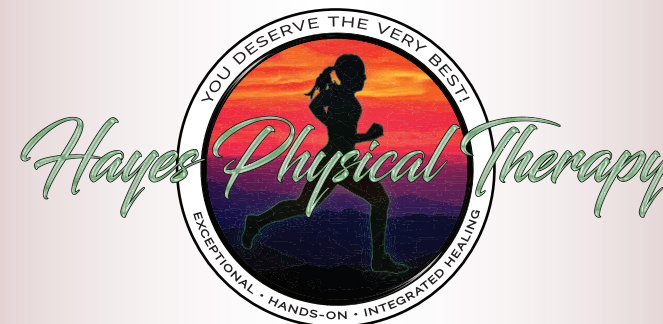
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- Do you have unresolved neck and/or jaw pain?
- Are you spending longer hours seated in front of a screen?
- Do you experience radiating pain or tingling down your arm?
- Is it difficult to move your neck or shoulder throughout the day?
- If you answered *yes* to any of the questions above, read on!

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



The PT ADVOCATE

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

November 2020

Inside this Issue

- Gratitude Gang
- Refer A Friend Club
- Patient Success Stories
- Nov. 18, 2020: Day of Thanks and Free Exams
- What's New: Restriction Based Approach for the Neck, Ribs, Thoracic spine!

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

Gratitude Gang

The year is winding down and November is traditionally a time to reflect on what you are thankful for. During these times, we felt it was especially important to acknowledge what personally keeps us motivated and in gratitude.

Josette- "I feel grateful for community and the support and connection of our "Hayes PT" home.

Lisa- "I'm thankful for my loving supportive home and family and for the opportunity to be a part of a work community made of people who give their days to care for others."

Steph- "I am thankful that my family is healthy and safe. For my great job and that I have been able to give back a little to my community. I am thankful for friends with varying opinions."

Sara- "Gratitude for the little things this year: friends who will hike and camp with me (especially ones with dogs), Schitt's Creek, cats, memes...anything that makes me belly laugh."

Chris- "I am grateful to be doing the work I love and was called to do since childhood for over 32 years with a fabulous team who has shown even in tough times, we got this! Special shout out to Michele Mallon who holds the practice together in so many ways behind the scenes!" ❤️

Joyce- "Thankful that my family and I have stayed healthy during this time, and for the Eagles narrowly making first place in the division."

Tyler- "Thankful for family, my health, and tacos."

Michele "I am grateful for my work family for supporting me thru this tough year and for all the blessing I have received in my life thus far. I am a very lucky girl"! And chocolate! ❤️

Bob- "I'm thankful for my family, friends, and Nick Foles for all the joy they have brought in to my life."

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

Deb Goldblum, Muffy McFadden, Jim Salerno, Ellen Brewer

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



Thanksgiving is a time to remember those special people who make a difference in our lives. In keeping with this holiday tradition, we want to honor you and the confidence you have shown supporting our PT practice over the last 21 years! Share this with your friends, family, neighbors, and community.

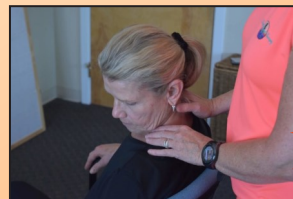
Please help us spread the word regarding

"Our Day Of Thanks and Free Exams

Wednesday, November 18, 2020 7am to 4pm

Free Exams will be scheduled for 30 minute appointment times and slots are filling up very quickly, of our 30 spots we have 10 remaining!

Call our office to schedule a free exam for you or a loved one at 610-695-9913.



Thank you!



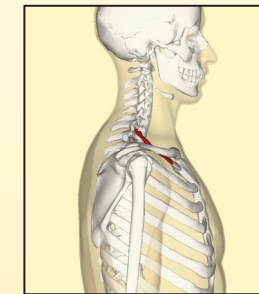
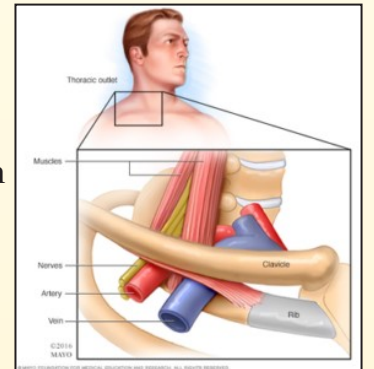
Restriction Based Approach: What Patients Are Saying

"I came in to PT to find an alternative to cortisone and surgery. It isn't an easy fix, but it works! Exercise started slowly and the best part was the hands on care where I could see a definite change in movement in just the first half hour. More involved exercises and stretches came next. Learning why I was doing them, along with finding how to use the theracane in the right spot created remarkable progress." -H.P.

"I had a tough time going up steps and walking around. Getting out of the car was quite painful too. I usually walked about an hour with friends and found I could hardly do that well. I was diagnosed with hip bursitis and arthritis. I made an appointment with Hayes Physical Therapy, and we started out slow and down the road the exercise got harder. Once my hip pain had gone, a full assessment was done. We discovered I had a hard time rotating my neck and had pain moving to the left. Each therapist worked a little differently and I got the same result at the end of my session. My neck feels so much better." -W.H.

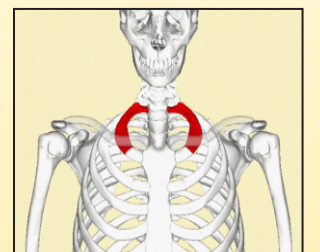
The Restriction Based Approach for the Neck, Thoracic Spine, First Rib and Shoulder!

Did you know that your top-most rib (first rib) is actually higher than your collarbone as it wraps towards the spine? This complex area of nerves, vascular tissue, and muscle is stuck between your clavicle and first rib. With limited space to function, an elevated rib can cause symptoms in the head, neck, jaw, shoulder, and arm.



Thoracic outlet syndrome is a common diagnosis treated in physical therapy which is caused by this elevated first rib. It creates pain and tingling, pins and needles, or numbness down the arm. This is often caused by increased time in front of a computer screen and/or poor seated posture.

With stress, posture, and repetitive motion involving the neck and shoulders, muscles become tight and the first rib can be pulled high. When this happens, headaches, jaw pain, and neck pain are prevalent symptoms. Because the ribcage also protects our lungs, difficulty breathing or over-use of accessory muscles can also occur.



Last year, our clinical staff mastered advanced manipulation in RBA or "restriction based approach," to the low back, hips, and pelvis. This year, we have expanded RBA into the upper quadrant addressing neck, thoracic spine, first rib and shoulder manipulations. The hands-on manipulations provided using RBA, quickly and effectively reduces pain and improves mobility resetting not only the restricted joints but the surrounding tissue for healing. This approach looks locally, regionally and globally for dysfunctional patterns requiring correction!

After an effective "reset", immediate reintegration and retraining set the stage for complete healing and prevention of future recurrence. We are finding that this skill set is helpful in not only directly related structures like the first rib, but for all areas we treat in the office.

If you or a loved one is experiencing any neck, shoulder, spine, head, or jaw pain be sure to take advantage of Hayes Physical Therapy's expertise with a free screening coupon!

Coupon for FREE "Restriction Based Approach" (RBA) physical therapy screen

Please contact our office at (610) 695-9913 to schedule.

Limited to the first 15 callers. Expires 11/30/2020