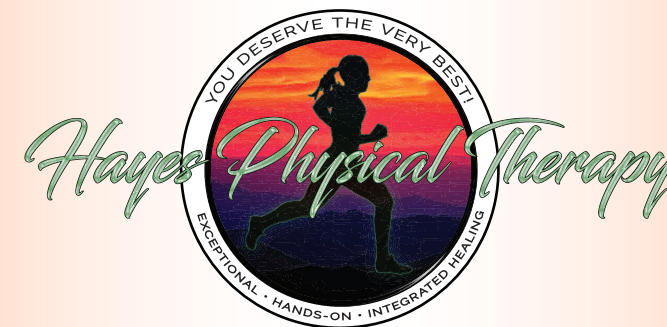
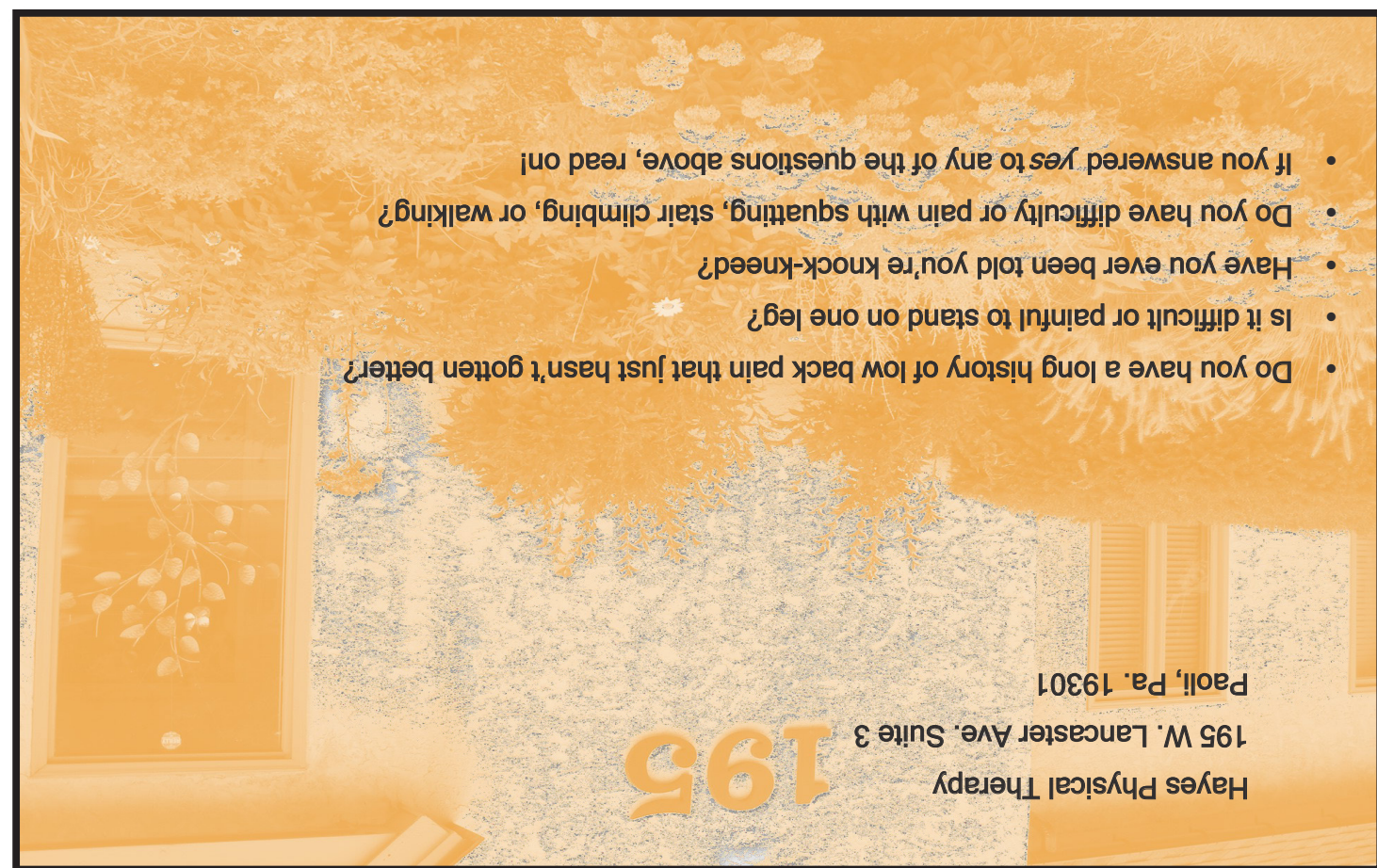




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The PT ADVOCATE

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

October 2020

Inside this Issue

- Vacation Adventures on Martha's Vineyard
- Patient Success Stories
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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

Vacation Adventures: MV

As many know, September is the most beautiful time to escape to any beach, even better when it is one you can drive to that each year that takes your breath away in a time when we all wish we could have a deep escape from reality! That place for us is Martha's Vineyard.



This year wanting to try some new adventures we took to the sea for fishing and low and behold Michele turned out to be quite the fisherman capturing black sea bass and fresh blue fish which was exceptional on the grill! My fish seemed to be in training for cirque du soleil and never made it into the boat!

Another day, despite gale force winds from hurricane Teddy coming up the coast, we ventured out on one of MV hiking trails, Menemsha Hills Reservation! This amazing wooded trail takes you right to a private beach with an open creek which empties into the ocean! Gorgeous! The trail should roughly be 3.5 miles but anyone who knows my leprechaun adventures knows somehow this trip ended up being 10 miles with Michele feigning a drop foot near the end when we kept circling the same loop and lost!



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

Kelly Park, Sheila Stankina, Betsy Williams,

Jen Bastian, Gary Holloway, Walt Dymarczyk

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

Continued page 1—Vacation Adventures, MV



But mostly what we both love the most, is the breathtaking time on the beach searching for the most colorful rocks shaped by the ocean, and witnessing the solitude of an amazing sunset, each from a completely different beach, town or pond.

Special shout out to Sara Fortunato, who kept our kitties entertained at home with lots of good luv'in!

And of course to The Creator of such a gorgeous respite and favorite vacation spot, MV!
- Chris Hayes

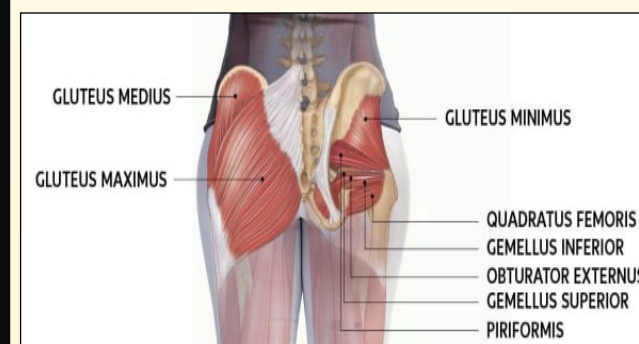
What Patients Are Saying After Therapy:

"When I first came here I was using a walker because of a problem with my leg muscle, instead of the cane I was using before. I was unable to climb stairs. I was in pain most of the time—in my hip, back, and lower leg. Through therapy, I have gone back to using the cane and can now do stairs and walking is much easier. My pain level has decreased and at times I have none at all. Most of all, I have regained confidence in my daily activities and feel much stronger." -Kathy J.

"I had a hip replacement and a fall resulting in no strength in my right leg. I walked like a duck. The PTs here thought I'd torn my lateral hip it was so bad. Little by little I strengthened my hip, glutes, and core. Within three weeks I was doing things I never imagined I'd be able to do. In less than 4 months I am hiking, biking, and playing paddle tennis. I am so thankful I came here for PT. They really know their stuff." - Ellen T.

"After many years of sitting at a desk, I had great stiffness in my hips and pain with sleeping and going up stairs. Since I have been working with the office, I am able to walk up stairs easily and I don't wake up at night from pain. Grateful for all the help I received!" -Andrea B.

The Often Neglected Gluteus Medius



Did you know there are actually three gluteus muscles? When we think of our glutes, we typically think of gluteus maximus, which tends to give us our buttocks shape. There is an equally important muscle, the gluteus medius! It is large, fan-shaped, and resides along the outside of the hip beneath the gluteus maximus. For many, it tends to be an under-developed muscle. That

said, the strength of this muscle is imperative for proper hip function.

The gluteus medius allows for hip abduction – moving the leg away from midline, as well as aides in flexion of the hip – lifting the foot off of the ground and drawing knee up towards trunk, and hip internal rotation – rotation of foot/leg inward towards midline. Balance and stability are directly impacted by the strength of this muscle.



Functionally, if you find yourself with your knees together as you squat, have a hip sway or limp when you walk, or present with "knocked knees," the gluteus medius may be contributing to these issues if it is not strong enough to maintain proper form.

This muscle is targeted through actions that fire the outside of the hips. Think side plank, side stepping with a band, and single leg work. When weight is transferred into a single leg stance, it is the gluteus medius which prevents the pelvis on the opposite non-weight bearing leg from dropping

and is a clear sign of a weak glut medius or possibly a tear in this critical stability muscle. While Total Hip Replacements address the arthritis in your hip joint, they do not address the shut down of the glut medius caused by an altered gait/limp often for years before surgery in addition to post-op weakness of the glut medius. This should be addressed by a course of Physical Therapy post-op in both the young and elderly population!



The body is predisposed to various injuries when the gluteus medius is not strong enough to hold the pelvis level. The impact of this can be seen in pain in the knee, and/or the outside of the thigh. The IT band often attempts to compensate or tighten in response and mimics similar symptoms. Additionally, weakness here can contribute to pain of the lower back as well as lower in the leg resulting in shin splints and/or plantar fasciitis. The long-term effects of this can contribute to an inability to enjoy activities that you love such as tennis, running, hiking, biking, golfing, yoga, etc.

At Hayes Physical Therapy, we are trained in identifying and successfully treating asymmetries throughout the body. Give us a call at (610) 695-9913 to schedule an appointment or complimentary screen and let us put your Gluteus Medius to the test functionally!