



The PT ADVOCATE

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

February 2021

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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.

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

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

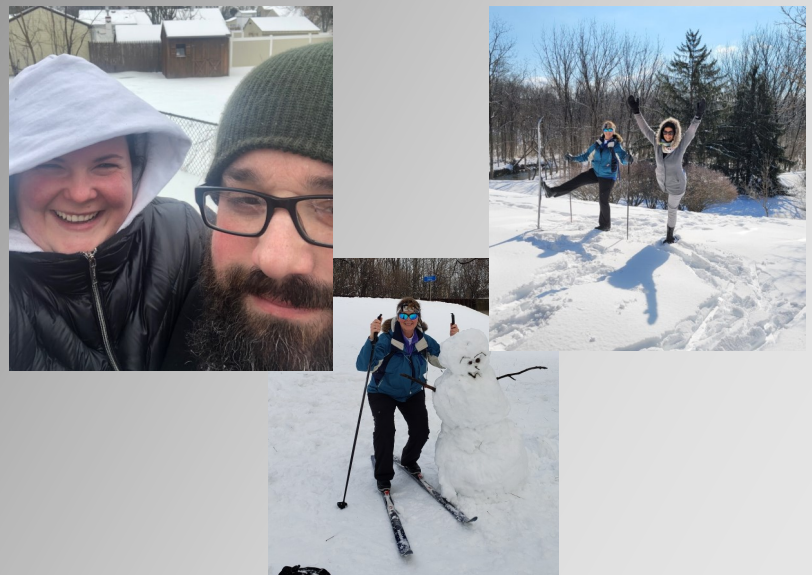
Contest for past and present patients.

Snow Day Fun

As far as the weather goes, February did not fall short in snow supply. While it might be tempting to curl up under a blanket all day, staying active is an important part of maintaining mobility, especially in the winter months! While some people enjoy getting moving in the comfort of their warm home, others enjoy getting outdoors and soaking up the serenity of freshly fallen snow.

At Hayes Physical Therapy, our staff has been getting out and getting active this winter. From skiing to building snowmen, our team is thoroughly enjoying their time outside. We still have a few more weeks of winter ahead of us and we are planning on taking full advantage of it.

We would love to hear how you stay active during the winter! Send us an email at christinehayespt@gmail.com with a photo of you doing your favorite winter activity for a chance to be featured on our Facebook page! We are sharing our photos and we hope to share yours, too!



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

Harriet Ostmann, David Kohler, Heidi Hewitt, Gina Scandone

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

Success Stories

"I came to physical therapy after injuring my hamstring playing tennis. I was unable to bend my leg without acute pain and hobbled off the court. In the time of Covid, I was distraught thinking I'd lost the one thing keeping me sane. Bob saved my hamstring and my sanity. Through careful examination and evaluation, Bob pinpointed the area of concern and designed a program to repair, strengthen, and maintain my progress." -Beth A.

"My experience here was great. I started PT with Bob and Sara just 8 days after ACL surgery. At the time, I wasn't even able to walk on my own without crutches. After progressive physical therapy, I am able to do normal things in my life and have started jogging again. I'm very happy with my progress and help along the way!" -Harrison T.



"The first day I arrived, I was on crutches with two severe ligament sprains/tears. My pain was 10/10! I was unable to do my normal activity and was frustrated as an active person. I chose to do laser along with PT and was diligent in my home exercises. I was scheduled for ACL surgery. The combination of laser, PT, and home exercises allowed me to cancel. I'm back to all the things I love including golf and skiing without the need for surgery." -Patty H.

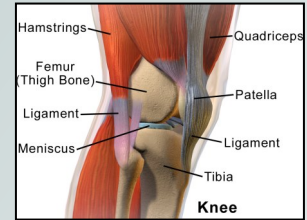
Coupon for a free Knee Pain Screen or a Functional Movement Assessment for Prevention

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

Winter Sports and Injury Prevention

Snow fall and cold weather are a dream for those who participate in winter sports. Skiing or snowboarding on a fresh slope, packed trails for snow shoes, and the safety of indoor courts for year round paddle sport players. What do all of these things have in common? Potential knee injuries!

The knee has four columns of ligaments that stabilize the joint itself, especially when transitioning in and out of a bent position. Common injuries involve the ACL (anterior cruciate ligament) and MCL (medial collateral ligament). With a demand for strength in a bent knee position for skiing and snowboarding, the ACL and MCL along with surrounding musculature is constantly challenged with terrain changes. Up to 35% of injuries from skiing involve these two ligaments. Other common ski injuries include hamstring and quadriceps strains/sprains, and wrist fractures from falls.



Pivoting and twisting on the knees are common motions with tennis, and also play a part when navigating moguls on the slopes. Your larger muscle groups that provide power and stamina in the legs include your quadriceps group, hamstring group, and gluteal group. Alignment and appropriate firing of these muscles will keep you strong and injury-free on the slopes and court. Deep abdominal/core strengthening is crucial to take the pressure off of the leg structures for injury risk reduction.



Balance is also an integral piece for all sports activity, but especially those in weight bearing postures with unstable surfaces or quick movements beneath your feet. In skis, there is a tendency to rely on the stability that boots provide for us and shift weight forward for shins to make contact with the boot front in prolonged standing. Making sure your ankle columns are strong can prevent instability at the contact point with the ground beneath you. This is also crucial strength to have with pivots

Whether you're midway through your sports season, starting a new hobby, or have a winter trip planned, let Hayes Physical Therapy be your go-to for addressing problematic areas and creating a customized program to keep you healthy and doing the winter activities you love! . We can evaluate you without a prescription from a doctor under Direct Access and get to the root cause of your symptoms quickly! Let us be your first phone call 610-695-9913!

Hayes Physical Therapy
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- Are you experiencing pain in your knee?
- Do you have pain or difficulty with squatting?
- Are you a skier, snowboarder, or do you take part in other winter sports?
- Is climbing stairs difficult or painful?
- Are you a year round tennis player, runner, or hiker?
- If you answered *yes* to any of the questions above, read on!

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