



The PT ADVOCATE

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

December 2020

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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.

Coupon for FREE "TMR" Screen

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

Limited to the first 15 callers. Expires
1/31/2021

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

The Greatest Success Story Ever Told

Hayes Physical Therapy is fortunate enough to witness "little wins" with our patients every day. Seeing a patient reach over their head for the first time in months, sleep without pain, or independently put on a sneaker are things often taken for granted and when injury and over-use happen, they become extremely difficult and painful. We recently had a patient experience a HUGE win. So much so, we allowed him to hijack our front cover story to tell the tale for himself.

"It was the best of times; it was the worst of times. It was the agony and the ecstasy. Let me introduce myself to you readers. I am the PGA Golf Professional at Golf Galaxy, the premier golf facility for all golfing needs. My primary job description is to provide the best golf instruction possible to anyone who wants to improve their game.



During a recent golf lesson, I started to feel tightness like never before in my lower back and on both sides of my spine. Oh sure, I had some minor back pain in the past, but it would go away with some stretching or a few visits to Hayes Physical Therapy, where Dr. Bob Henderson would provide relief for me. This time I couldn't complete my coaching session with my client as I crumbled to the ground. I was in panic mode and perspiring profusely. The extreme pain was unbearable. Fortunately, I had my cellphone nearby and one of my staff members handed me my phone. (article continued on next page)

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

Kathy McCartney, Maureen Johnson

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

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Who was I going to call? Certainly not the Ghostbusters! It was Dr. Bob Henderson, the angel of mercy. As fate would have it, Dr. Bob was on his lunch break and he thankfully took my call. For 20 minutes he talked me through slow motions so I could move. Believe me, a turtle could move faster than I was, but I persisted through the pain. Eventually I was able to roll over and start a few minor stretches that relieved some of the locked muscles. During this time, Dr. Bob seemed as though he was in the Control Tower of an airport and he was guiding me to land a plane without me having any experience. Finally, I was able to stand up, albeit a little hunched over. He asked me if I could drive to Hayes Therapy for a hands-on session. I said I would make it any way I could. After struggling to get to my car and drive to the pearly gates of Hayes Physical Therapy, Dr. Bob performed a miracle on my back. While I still had some back tightness, I was much better. He had advised me to rest for 2 days and then return so he could perform some more magic. I did as instructed and as of this testament, I am not afraid to swing a golf club.



My golf students are glad I am able to coach them as before and I am glad that Dr. Bob is my BFF (Best Friend Forever!) While I am not Catholic, I am going to recommend Dr. Bob Henderson for Sainthood!!”

Leigh Taylor / PGA MP

Golf Galaxy @ Devon



Holiday Philabundance Food Initiative:

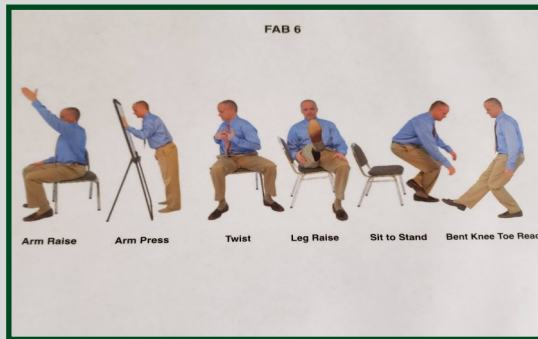
This year, recognizing times are so tough for so many, we wanted to help Philabundance to reduce hunger and food insecurity in our area.

If this initiative speaks to your heart as it has with our PT practice, please feel free to join us and Philabundance in reaching out goal of \$5,000 which will provide 10,000 meals to those in need! Copy the online secure Hayes Team Link below where you can shop and purchase various recommended food items for food deprived families or make a monetary donation. For more information or assistance call 610-695-9913.

http://phlb.convio.net/goto/Team_HayesPT

Total Motion Release For In-Office Physical Therapy And Telehealth

Total motion release (TMR) founded by fellow PT, Tom Dalonzo-Baker, is an fun and innovative approach to restore strength, mobility and balance to problematic areas of the body. If you are struggling for example with reaching up the back with your left shoulder, traditional approaches to therapy would naturally strive to improve that condition by going into those restrictions with stretching and joint mobilization which can be uncomfortable and sometimes are a long process to resolve. TMR instead uses the opposite side of the body or the good side to retrain the side which is lagging behind or moving poorly. Often times much to the patients amazement, there is a significant improvement in the restricted area, for example reaching up the back on the left, **all while treating the opposing side, allowing movement into the direction of EASE for correction to the bad side.**



Going further down the chain for example testing the fab 6 motions pictured left, involve examining other areas of the body involving the upper extremities, trunk and lower extremities, looking for asymmetries between sides. When we find multiple areas out of balance and restore them by training the good sides, global miracles occur which often directly improve the area of restriction the patient is complaining about.

How can moving an area of the body that *isn't* in pain correct a problematic joint or muscle? Mirror neurons, located in the premotor cortex of the brain, are integral in creating this shift. Mirror neurons, by definition, allow for the performance of a motion in one corresponding area of the body to elicit the same motor behavior on the affected muscle group on the opposite side of the body.

Additionally, TMR training to the opposite or good side of the body, follows the body where it wants to go with ease, often opening the muscles and joints on the bad side, effecting quicker results with potentially less discomfort. Myofascial restrictions are interconnected throughout the entire body and therefore releases up and down stream can have dramatic effects when identified with the TMR exam and treatment protocols.

What is really fun with TMR, is both the therapist and patients get a chance to witness some unforeseen and seemingly magical changes in movement patterns. The photo to the right demonstrates multiple patterns of opposites which are tied to the various axes that divide the body and all can be used to retrain the left shoulder. Finding the patterns that are restricting the left shoulder, through a multi plane TMR assessment, can offer multiple quadrants for possible solutions to a single quadrant problem. The more things that are out of balance and are trained back in place, the greater the total body response and the happier the body is with restoration of efficiency, homeostasis and optimal performance.



TMR is a great in-office experience **and works exceptionally well with Telehealth as well.** As therapists, we either move different parts of the body for the patient or we empower the patient to achieve this through TMR! For more information on TMR, <https://totalmotionrelease.com> Check out the research section and how professional athletes use TMR!

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- Do you have difficulty with certain movement patterns that just don't improve with regular exercise?
- Have you ever had a global evaluation to identify poor movement patterns?
- Are you curious about Total Motion Release and Telehealth?
- Would you like to be moving injury-free?
- If you answered *yes* to any of the questions above, read on!