



## The PT ADVOCATE

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

January 2021

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Breathe in, Breathe out and Let's Get Moving!



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. REFER people you care about to our practice

### Surviving Covid 19 – A Personal Journey



*"In March of 2020, I came down with the Covid virus. Before this, I was living with COPD and Emphysema from smoking some 25 years ago. I was very active and only had mild shortness of breath if I really pushed myself.*

*When COVID hit me I was immediately hospitalized with not only Covid but pneumonia, followed by two blood clots in my lung, then congestive heart failure. Needless to say, I was in dire condition. Recovery was a long 3 months going from the hospital, to a rehab center, and finally to a 30-day respite care facility all while remaining isolated from family and friends which was next to unbearable. And I, like many other "long haulers" am still recovering from the aftershock. My lungs, already scarred from COPD, sustained additional scarring making my endurance for normal activities incredibly challenging with marked fatigue and shortness of breath. Having Covid has also created issues around brain fog and impaired balance.*

*I learned from my daughter, Michele Mallon (pictured above) that Hayes Physical Therapy was using their Diowave Class 4 Laser for many conditions that involved scar tissue and inflammation and I inquired about that for my lungs. For the next few months, I received laser treatments on my lungs, and have most definitely seen improvement with less shortness of breath and improving energy levels. In fact, my last CAT scan appeared better than my previous one and my pulmonary function tests are also improving. I attribute that improvement to the laser treatments, and I look forward to continuing with these treatments and beginning a post Covid 19 rehab program at Hayes Physical Therapy in 2021."*

*Rosemary R.*

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

Margaret Bellew, Victoria Mars, John Campbell, Michael Welsh,  
Ellen Trucksess, and Maureen Pollard

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

**Laser Therapy/Photobiomodulation for Lung Conditions—Supportive Literature/  
Research (3 of 18 found on PubMed from NIH– National Institutes of Health)**

Probable positive effects of the photobiomodulation as an adjunctive treatment in COVID-19: A systematic review Nejatifard M, Asefi S, Jamali R, Hamblin MR, Fekrazad R. Cytokine. 2021 Jan;137:155312. doi: 10.1016/j.cyto.2020.155312. Epub 2020 Oct 12. PMID: 33128927

A Potential Role for Photobiomodulation Therapy in Disease Treatment and Prevention in the Era of COVID-19 Liebert A, Bicknell B, Markman W, Kiat H. Aging Dis. 2020 Dec 1;11(6):1352-1362. doi: 10.14336/AD.2020.0901. eCollection 2020 Dec. PMID: 33269093

**Photobiomodulation and Antiviral Photodynamic Therapy as a Possible Novel Approach in COVID-19 Management.**

Fekrazad R. Photobiomodul Photomed Laser Surg. 2020 May;38(5):255-257. doi: 10.1089/photob.2020.4868. Epub 2020 Apr 23. PMID: 32326830

Light-based technologies for management of COVID-19 pandemic crisis.

Sabino CP, Ball AR, Baptista MS, Dai T, Hamblin MR, Ribeiro MS, Santos AL, Sellera FP, Tegós GP, Wainwright MJ. Photochem Photobiol B. 2020 Nov;212:111999. doi: 10.1016/j.jphotobiol.2020.111999. Epub 2020 Aug 19. PMID: 32855026

**Adjunct low level laser therapy (LLLT) in a morbidly obese patient with severe COVID-19 pneumonia: A case report.**

Sigman SA, Mokmeli S, Vettrici MA. Can J Respir Ther. 2020 Sep 28;56:52-56. doi: 10.29390/cjrt-2020-022. eCollection 2020. PMID: 33043132

Photobiomodulation therapy as a high potential treatment modality for COVID-19. Soheilifar S, Fathi H, Naghdi N. Lasers Med Sci. 2020 Nov 25:1-4. doi: 10.1007/s10103-020-03206-9. Online ahead of print. PMID: 33241526

**Acute effects of photobiomodulation therapy applied to respiratory muscles of chronic obstructive pulmonary disease patients: a double-blind, randomized, placebo-controlled crossover trial.**

de Souza GHM, Ferraresi C, Moreno MA, Pessoa BV, Damiani APM, Filho VG, Dos Santos GV, Zamuner AR. Lasers Med Sci. 2020 Jul;35(5):1055-1063. doi: 10.1007/s10103-019-02885-3. Epub 2019 Oct 26. PMID: 31654154 Clinical Trial.

**Coupon for Free Screen for “Post Covid Rehab”**

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

**Limited to the first 15 callers Expires 02/28/21**



## Are you a Covid 19 Survivor?

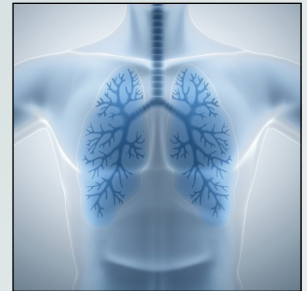
**Are you experiencing fatigue, brain fog, orthopedic and balance issues?**

**If so, we have a Post Covid Rehab Program for you!**



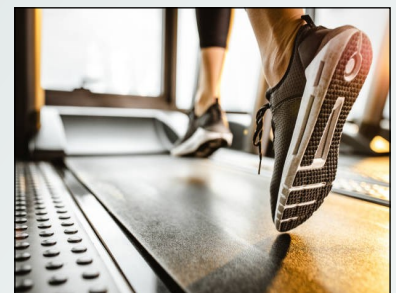
Navigating a pandemic for the past ten months has turned many a world upside-down. Mask mandates, work from home orders, hybrid school models, gyms closing, and social gatherings modified or negated are all a part of every day life now. There is an undercurrent of anxiety, fear, depression, and unpredictability. We all feel it on various levels, and Hayes Physical Therapy is here to help. Vaccinations are rolling out and in our continued commitment to providing a safe environment in-house and via telehealth, our entire staff will be completing their second injections in early February. Whether you yourself or a loved one has been directly affected by Covid, know that physical therapy can help!

Global joint pain and weakness, fatigue, shortness of breath, brain fog, balance and overall deconditioning are common side-effects from Covid-19. Additionally, the heart, lungs and brain seemed to be the organs hardest hit. If unaddressed, these debilitating symptoms can last months and possibly years which is identical to our experience with our cancer patients and cancer-related fatigue. We at Hayes Physical Therapy are considered experts in this area of reconditioning the mind-body connection! Our Covid 19 Rehab program is individually designed to restore your energy levels in every way, addressing orthopedic and balance issues as well. We will work with your pulmonary, cardiology and family medicine doctors to get you back to your pre Covid exercise baselines or better! Monitoring your vital signs such as blood pressure, target heart rate, oxygen saturation, and perceived exertion is essential in moving you safely through progressive and graduated exercise, increasing your endurance and restoring your health. Whether you were an athlete or an active aging rock star before you were hit with Covid, we are here to help you get back to your best life! We will use a combination of aerobic conditioning such as the recumbent bike, arm bike, treadmill and elliptical in combination with exercise bands, free weights and body weight to increase your energy levels via telehealth or in-person (which is our preferred method).



Hands-on therapy techniques can also be performed to open up the respiratory diaphragm and accessory breathe muscles through the trunk, chest, back, and neck which can be helpful for prolonged positioning and movement based activities. We will help you optimize your posture & body mechanics for activities you love are doing daily. Cardio endurance also plays a big part in retraining your lungs and sharpening your mental capacity and decreasing brain fog.

Lastly, our class four laser has been utilized over the last year directly to patient's lungs to remodel tissue, assist in adhesion release, and increase mobility for easier breathing. Check out previous newsletters, and our amazing video patient testimonial on our laser at [www.chayespt.com](http://www.chayespt.com) under the laser tab, for the many conditions we successfully treat with class 4 laser, including the lungs.



**Your Post Covid Rehab program will be designed as described above, with the option for a discounted class 4 laser package if you are interested. Please call our office at (610) 695-9913 to schedule your initial evaluation and first step towards regaining your wellness!**



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- Have you or someone close to you been diagnosed with Covid-19?
- Are you experiencing increased fatigue or joint aches?
- Is shortness of breath stopping you from doing activity you love?
- Would you like to return to daily exercise and routines more quickly?
- If you answered *yes* to any of the questions above, read on!

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