



The PT ADVOCATE

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

March 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 2 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.

Welcome, Erica!



This month, we are welcoming our newest Physical Therapist! Erica Deluca started with us on March 1st and we are so excited to have her as part of our team here at Hayes PT.

Erica is a licensed Physical Therapist who received her Doctorate of Physical Therapy from The University of

Maryland, Baltimore graduating in May, 2017. She worked in a private practice in Maryland for the last 3.5 years after graduating. Erica's specialties include vestibular rehabilitation for the treatment of dizziness, concussion and other balance disorders. She is also well versed in The McKenzie Method for lumbar and cervical spine conditions including successful rehab of herniated discs and more!

She joined Hayes Physical Therapy in March of this year and is excited to bring new components of treatment to the practice! She is driven to help motivate all patients achieve their goals by utilizing hands-on techniques, corrective exercises, and patient education to help her patients understand their injury, prevent re-occurrence, and maximize their functional potential.

In her spare time, Erica likes staying active by taking part in group exercise classes including barre, TRX, and spin. She also enjoys being outdoors, and spending time with family and friends.

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

Joe Stanton, Donna Spoto, Susan Brown, Deborah Pentz, Scott Benner

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

Success Stories



I am so pleased with the results of the DioWave Laser treatments. I had Achilles tendonitis because I changed my running shoe, and it was painful even to walk. I tried ice and heat alone for two months. I started the DioWave procedure and within 4 weeks I had significant improvement and after 6 weeks it was completely comfortable again. I am back to my regular routine exercise program. I highly recommend this procedure to anyone. Many thanks to the staff at Hayes Physical Therapy group! — Jack F.

When I was in my 20's, I was diagnosed with a subclinical peripheral neuropathy. At that time I didn't have any symptoms, so I felt it was a problem I could ignore. Unfortunately about eight years ago I realized the symptoms had been creeping up on me and both feet had become numb and I felt like I was walking on pebbles. Both times the neurologist could find no cause for the neuropathy. After 15 visits to Hayes Physical Therapy, my symptoms have improved greatly—most of the time the numbness has completely dissipated, and I have feeling on the bottoms of my feet.
— Yuliana Y.



Did You Know?

Hayes Physical therapy carries DioWave. This High Dosage Laser Therapy is a class 4 laser that is a safe and effective way to treat neuropathy and ultimately improve your balance. Want to learn more? Give us a call today!

Coupon for a Free Balance Screen or Laser Screen for Neuropathy

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

Limited to the first 15 callers. Expires 4/15/2021

Balance and Vestibular Therapy

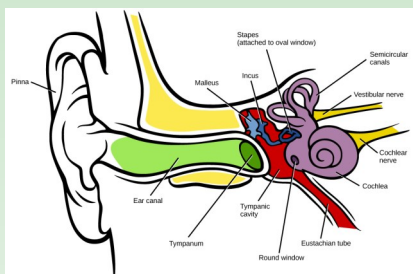
Have you had any falls recently or are fearful of falling?

Do you have dizziness or vertigo?

Have you had an injury in your legs which is now affecting your balance?

Have you had a concussion and still experiencing balance issues?

If you answered yes to any of these, you are not alone! One in every three people aged 65 and older fall each year, so it is crucial to strengthen our balance system to stay strong. Most falls are caused by the interaction of multiple risk factors. The more risk factors a person has, the greater their risk of falling. Risk factors associated with falls include older age, muscle weakness, history of falling, and medical conditions (diabetes, arthritis, stroke, neuropathy of the feet, incontinence and fear of, or difficulties walking).



There are three main components that make up our balance system: 1. Eyes (vision), 2. Ears (vestibular system), and 3. Legs (our feet feel the sensation of the ground). If one of these components is weak, it can cause a balance problem and lead to falls.

Vestibular rehabilitation is an effective treatment for vertigo/dizziness, motion sensitivity, and balance disorders. After one of our skilled vestibular physical therapists assesses your visual motor skills, balance, gait, motion sensitivity, strength, sensation, coordination, and flexibility, we will challenge you with exercises that include strengthening your legs, standing balance, and balance while walking to improve your confidence and decrease your fall risks. Some common causes for dizziness and imbalance may come from your inner ear (vestibular system). Some examples are Benign Paroxysmal Position Vertigo (BPPV), Vestibular Hypofunction (weakness in the inner ear), Meniere's Disease, and Acoustic neuroma.

If you are suspected to have positional vertigo (BPPV), we will use maneuvers including Dix Hallpike Test and Canalith repositioning to abolish your vertigo. Many people will complain of a spinning sensation (either the room spinning or self-spinning) with getting in and out of bed, bending forward, looking up, or feeling unsteady with walking. People who are treated for positional vertigo usually resolve the dizziness within 1-3 sessions! So, it is important to not ignore this issue and get treatment as soon as possible so you can return to your daily routine without any limitations!

If you are interested in learning more, having a balance screen done to assess your fall risk or would like one of our skilled vestibular physical therapists to evaluate you and assess your balance system, please call us at (610) 695-9913. We then can address your needs and improve your confidence and independence!



Hayes Physical Therapy

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- Are you feeling unsteady on your feet or have taken any recent falls?
- Is vertigo or dizziness affecting your balance?
- Have you had an injury in your legs and now notice your balance is impaired?
- Does neuropathy in your feet affect your balance?
- Does the fear of falling prevent you from doing the things you love-*
- If you answered *yes* to any of the questions above, read on!

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