



UNDER ONE ROOF – Physical Therapy Specialties and Healing Therapies

Christine Hayes and Michele Mallon have created a center for collaborative care like no other.

BY SUSAN I. SHIBER

Christine Hayes had an idea that blossomed into a vision. The karmic availability of a building in Paoli took her concept to the noteworthy launch of The Integrated Healing Center, a place where mind, body, and spirit share in good health.

Due to a stressful life-changing event, Christine realized first-hand the true value of a healing team. Cooperative support – physical, emotional, psychological, spiritual – guide, soothe, and help restore body and mind. Why? Because discomfort is rarely isolated in one spot. When someone is ill, or in pain, quality of life may suffer. Or, when

someone is experiencing a less than ideal quality of life, sickness and physical suffering could occur.

The Integrated Healing Center, which opened in late 2014, provides collaborative care that is distinctively different from other treatment compendia. A team of specialists and experts gather, support, and embrace each client multi-dimensionally through healing to a state of well-being. This integrated approach is convenient and welcomed by individuals throughout the five-county region from those in pain, to cancer patients, to athletes.

Christine, a graduate of Thomas Jefferson University, worked in a variety of

settings, including acute care, home care, orthopedic private practice, and sports medicine. Although she loved her occupation and was regarded as a master physical therapist, there was something missing. “Many physical therapy practices have an environment which feels too clinical, or is so large, making it extremely intimidating. There is little to no intimacy for healing. No matter the condition, an orthopedic injury or a cancer diagnosis, creating an environment to deliver highly personalized care over patient quotas is paramount. It is the reason I was called to this profession.”

In 1999, this philosophy inspired Christine to launch her own physical therapy



Professional practitioners of Christine Hayes
Physical Therapy and The Integrated Healing Center

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practice in Paoli. At last, she could put the pieces together for holistic healing through physical therapy. Christine Hayes Physical Therapy specializes in orthopedics, sports medicine, health issues for women and men, biomechanical foot and ankle examinations, peripheral joint and spinal mobilization, and manual therapy techniques. Other specialized treatments include: pelvic floor dysfunction, lymphedema, cancer rehabilitation, and orthotic fabrications. The practice is certified in Myofascial Release, Active Release Techniques (ART), Functional Movement Assessments (FMS & SFMA), and Manual Lymphatic Drainage (MLD).

Although Christine calls individual patient evaluations standard, these assessments are anything but typical. Testing usually lasts an hour and often features a head-to-toe functional movement assessment. The individual's entire medical history is reviewed to determine potential obstacles in healing. Among numerous checks are range of motion, strength, joint mobility, and soft tissue impairments. "Each person who walks through the door is different, and we are dedicated to learning their unique problems and triggers," insists Christine. "There are no cookbook remedies. Patients receive treatment the first day and return home with an exercise regimen to follow. Our goal

is complete and total body care to prevent recurrence of injuries."

Christine has incorporated a distinctive niche, which also sets the practice apart. "When I opened my practice in 1999, very few practices, if any, were specializing in physical therapy for cancer patients. Cancer-related fatigue (CRF), debilitating to many, was an area most knew little about and was a desperate need in the community," she remarks. "I joined the Oncology Section of the American Physical Therapy Association and took courses to elevate my level of understanding within this group. We began educating physicians and nurses about the benefits of cancer rehabilitation, post-

op surgical care for mastectomy and breast reconstruction patients, and lymphedema management. Cancer rehabilitation, similar to cardiac rehabilitation, is a one-on-one approach, carefully monitored to restore energy levels. Patients feel better physically and emotionally which translates into improved quality of life!”

Christine Hayes Physical Therapy thrived as patients praised the practice, its personal methodology, and exceptional specialists. After eight years, Christine outgrew space and, almost on cue, an attractive 5,500-square-foot home went on the market nearby. Christine purchased the building, retrofitted it with a three-story elevator, relocated her physical therapy practice, and continued to attract people who appreciate care that goes beyond traditional.

In 2007, Christine Hayes Physical Therapy opened on the third floor of this beautifully renovated home. Christine never lost sight of her dream to open a full-service healing center to meet multiple needs in a single setting. When spacious quarters became available on the building’s second floor in 2014, she began inviting specialists



Dr. Nancy McCarel, a licensed psychologist and board certified biofeedback practitioner, and her staff of three other licensed psychologists provide psychotherapy and biofeedback services to children, adolescents, and adults. Their psychotherapy approach helps patients decrease symptoms from anxiety, depression, stress, or physical illness.

Bettina Becker, Licensed Massage Therapist, Certified Pilates Instructor, and Franklin Method Educator



In addition to her role as The Integrated Healing Center director, Michele Mallon is a Barbara Brennan Healing Science Practitioner.

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to bring their businesses to the site. “I hand-selected each therapist and took my time selecting and bringing this team together. Each therapist had to be the right fit to create the healing dynamic I envisioned. With those objectives met, The Integrated Healing Center became reality. A reality unlike any other.”

Upon entering, the first surprise is an aura that envelops you with warmth and immediately dispels thoughts of sterile clinics or therapist offices. Michele Mallon, The Integrated Healing Center director, as well as a talented artist, produced an environment of beauty and serenity. Plants and her original paintings are throughout the building. You’re at home, and you’re safe. Christine Hayes Physical Therapy and The Integrated Healing Center were awarded the Paoli Business & Professional Association Beautification Award for transformation of the former residential dwelling into an integrated home for medical and therapy practices.

The Integrated Healing Center is comprised of a team of independent therapists. It blends conventional healing methods with alternative approaches to facilitate the body’s innate recuperative response. The healing process is a partnership between patient and collaborative practitioners, which considers all factors that can influence health, wellness, and disease, such as mind, body, and spirit. Communication between practitioners is essential in the healing process, and the combined modalities can be extraordinary for those in need.

OVERVIEW OF THERAPIES

BARBARA BRENNAN HEALING THERAPY – MICHELE MALLON, BHSP

In addition to her role as The Integrated Healing Center director, Michele Mallon is a Barbara Brennan Healing Science Practitioner. Brennan Healing Therapy is based on highly specialized skills performed by laying hands on the body and its related energy fields to help the client restore balance, health, and well-being. Brennan Healing Therapy clients include individuals recovering from physical injuries, cancer-related fatigue, and other obstacles, such as stress.

ACUPUNCTURE – TALIA MALKA, LAc, RAc

Talia Malka has a very diverse background in many healing modalities and is highly skilled in orthopedic acupuncture, advanced pulse diagnosis, herbal medicine, and more.



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INTEGRATED HEALING

The Integrated Healing Center will be holding **150-minute medical clinics** each month this year. For a set fee, individuals receive diagnostic testing and therapies from all providers. For details and dates, visit **MainlineIntegratedHealing.com**.



Talia Malka has a very diverse background in many healing modalities and is highly skilled in orthopedic acupuncture, advanced pulse diagnosis, herbal medicine, and more. Pictured with Talia (right) is Brigid Meagher.



"Pilates is great therapy for rehabilitation patients and non-movers," suggests Jennifer Bergh.



Sandra Gargus, a certified health coach, offers creative solutions to potential obstacles.

She has been in practice over 30 years treating patients with a wide array of maladies from autoimmune disorders such as multiple sclerosis, chronic fatigue, and cancer, to sports injuries and chronic muscular imbalances. She is a senior student of Jiang Jing, the head of the Dong Han medical lineage of acupuncture, and is one of only a handful of practitioners trained in this system in depth pulse diagnosis.

PSYCHOLOGY – NANCY MCCAREL, PhD, BCB, BCN

Dr. Nancy McCarel, a licensed psychologist and board certified biofeedback practitioner, brought her established practice to Paoli to become a part of this innovative center in the spring of 2015. Nancy and her staff of three other licensed psychologists provide psychotherapy and biofeedback services to children, adolescents, and adults. Their psychotherapy approach helps patients decrease symptoms from anxiety, depression, stress, or physical illness. Biofeedback teaches self-regulation and calming skills through awareness revealed while using specialized equipment.

CRANIOSACRAL THERAPY – BRIGID MEAGHER, LMT

Craniosacral Therapy, a deep, yet gentle hands-on form of bodywork, follows the rhythm of cerebrospinal fluid and how it influences the entire body. As a result of treatment, the brain and central nervous system are efficiently cleansed of toxins and nourished with essential nutrients. All the body systems relax, release, and self-correct. “As I connect with the inner wisdom of clients, their bodies guide the session as it unfolds,” says Brigid. “To honor their unique process of healing is very empowering.”

FUNCTIONAL MOVEMENT & YOGA – CHRISTINE STURGIS, PTA, FMS CERTIFIED

Functional movements are those based on real-world situational biomechanics. These functional movements involve multiplanar and multi-joint motions, which challenge the body’s core musculature. Christine Sturgis, who is a licensed physical therapist assistant, has taught yoga for more than 20 years. She is also certified in the Functional Movement System. Christine is teaching both individual and group movement classes.

MASSAGE – SARA FORTUNATO, LMT, PTA, CLT-UE

Specializing in Therapeutic, Swedish, and Hot Stone massage, Sara Fortunato has been with The Integrated Healing Center since its inception and in physical therapy as a physical therapy assistant since 2008. She is also certified in Lymphedema (MLD). “I like the teamwork and concept of treating the whole body,” she notes. Sara’s massage technique is designed to relieve anxiety, insomnia, and stress. She also offers Reflexology, Lymphatics, and Aroma Touch customized services.

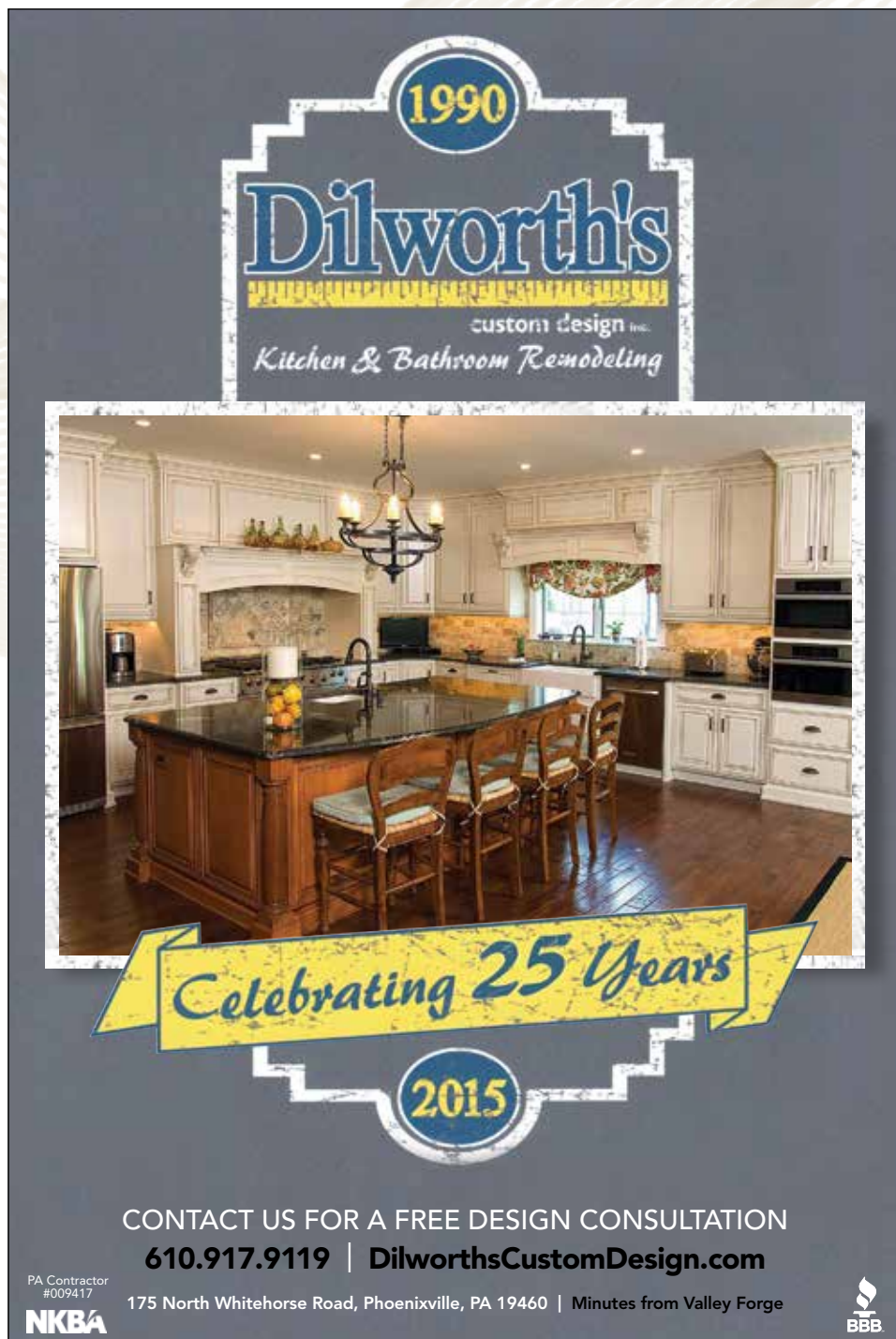
NUTRITION/YOGA – SANDRA GARGUS, CHHC

Sandra Gargus, a certified health coach, offers creative solutions to potential obstacles. “I partner with my clients to explore different dietary and lifestyle approaches which can inspire sustainable change.” Strategies for making health-supportive eating pleasurable, practical, and specific for you, meld with stress-releasing tools. To further address self-nourishment, Sandra presents Svaroopa® Yoga, a non-athletic style of Hatha that is therapeutic, supportive, and meditative.

PILATES – JENNIFER BERGH & BETTINA BECKER, LMT

“Pilates is great therapy for rehabilitation patients and non-movers,” suggests Jennifer Bergh. “It also assists athletes to enhance performance.” “Pilates is for *everybody*,” adds Bettina Becker. “We tailor each session to the individual.” The Integrated Healing Center’s Pilates sessions strengthen and lengthen deep muscles located closest to the spine through a series of concentrated exer-

cises. Reformer and Mat exercise programs are available for private and group classes. Bettina specializes in Pilates and the Franklin Method, which teaches the practical elements of body design, concentrating on imagery for maximum efficiency. The Franklin Method is cutting-edge among movement professionals and is acclaimed by athletes and dancers. Bettina is also a licensed massage therapist and sees clients for this modality as well.



The advertisement for Dilworth's Custom Design Inc. features a central photograph of a modern kitchen with white cabinetry, a large island with a dark countertop, and a chandelier. Above the photo is a logo with the year '1990' in a blue circle, the company name 'Dilworth's' in a large, stylized blue font, and 'custom design inc.' in a smaller font below it. Below the photo is a yellow banner with the text 'Celebrating 25 Years' in a blue script font, and a blue circle with the year '2015' below that. At the bottom, contact information is provided: 'CONTACT US FOR A FREE DESIGN CONSULTATION', the phone number '610.917.9119', the website 'DilworthsCustomDesign.com', the address '175 North Whitehorse Road, Phoenixville, PA 19460', and 'Minutes from Valley Forge'. Logos for 'PA Contractor #009417', 'NKBA', and 'BBB' are also present.

1990
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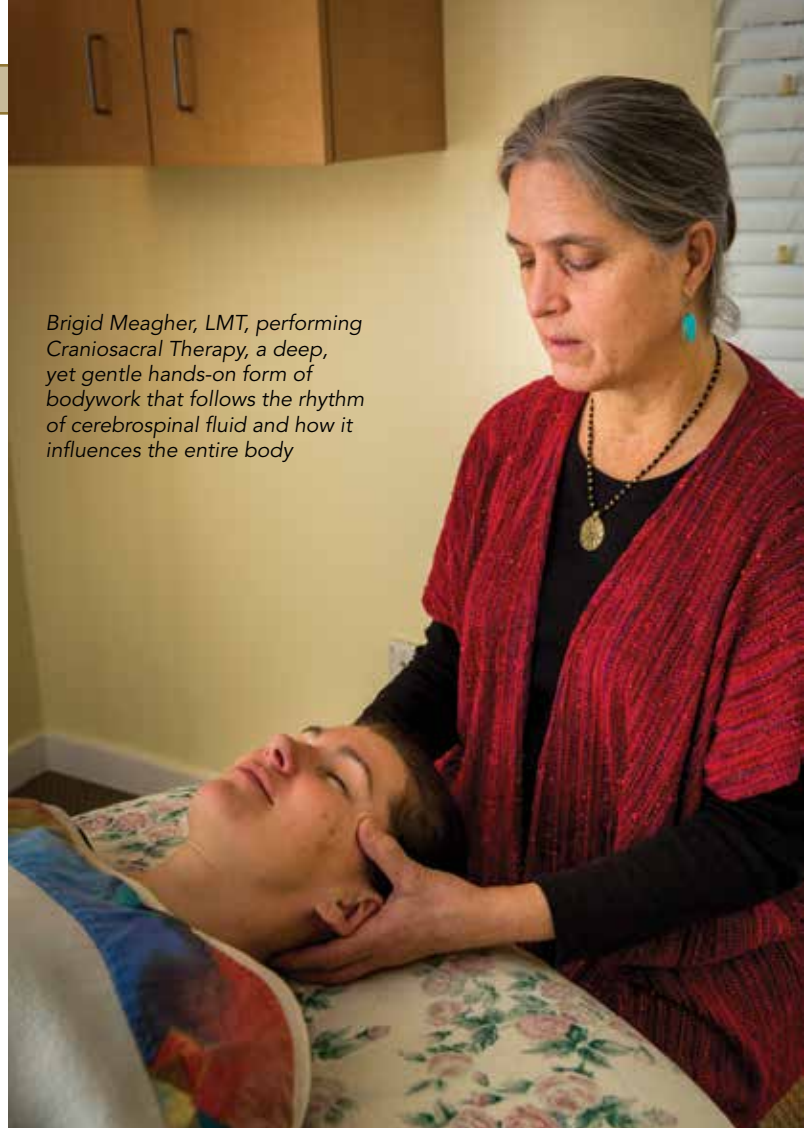
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Sara Fortunato, LMT, PTA, CLT-UE, specializes in Therapeutic, Swedish, and Hot Stone massage.



Brigid Meagher, LMT, performing Craniosacral Therapy, a deep, yet gentle hands-on form of bodywork that follows the rhythm of cerebrospinal fluid and how it influences the entire body

Christine Hayes adds: "The Integrated Healing Center is unique, and we feel so fortunate to be able to work together to help restore health and well-being for our patients. Whether you are recovering from an illness or seeking optimal health and wellness, The Integrated Healing Center has it all. When times are tough and you're in the middle of a crisis, you need support, and you need it yesterday. Look no further for the very best of both traditional and complementary medicines. Multiple benefits can be gained from a team of highly qualified specialists. The Integrated Healing Center is that team." **CCL**

Christine Hayes Physical Therapy
The Integrated Healing Center
 195 W. Lancaster Ave.
 Paoli, PA 19301
 610.695.9913
 CHayesPT.com
 MainlineIntegratedHealing.com



Christine Hayes providing physical therapy consultation