

Are you Aware of Christine Hayes?

SOONER OR LATER, A FAMILY MEMBER, FRIEND, OR YOU JUST MIGHT BENEFIT FROM HER PROFESSIONAL SERVICES AND THE SERVICES OF

The Integrated Healing Center

Allyson Ross had a bilateral mastectomy surgical procedure, and her surgeon recommended Chris Hayes for physical therapy. Allyson says, "Chris Hayes is amazing. I really believe and feel that she and her team were a large part of my healing from surgery. I feel completely blessed that they have been part of my healing team." Pictured are Allyson Ross and Chris Hayes, PT, PC.

Due to a stressful life-changing event, founder of The Integrated Healing Center, Christine Hayes, Physical Therapist, realized firsthand the true value of a healing team. Cooperative support – physical, emotional, psychological, and spiritual – guide, soothe, and help restore body and mind. Why? Because discomfort is rarely isolated in one area. 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.

BY SAMUEL PATRICK

The Integrated Healing Center provides collaborative care that is distinctively unique from other treatment approaches. A team of specialists and experts gather, support, and embrace each client multidimensionally through healing to a state of well-being.

DISTINCTIVELY UNIQUE

The following three case illustrations of this article demonstrate and underscore the distinctively unique effectiveness and value of the professional services of Christine Hayes Physical Therapy and The Integrated Healing Center. I interviewed all three individuals presented in this article, and to say the least, I was extremely impressed with the professional results each woman received, and their sincere expression of the gratitude and thankfulness each conveyed to me about their experiences.

ELIZABETH ATOR

"I came to Christine Hayes, PT, PC, nearly 10 years ago after a bilateral total knee replacement. I had gone to other physical therapy practices for previous knee surgeries, but was seeking top-notch care following this daunting procedure. I visited several recommended practices before the surgery and was most impressed with Chris' hands-on approach. I was not disappointed. Every exercise is closely monitored and adjusted as patients progress. Home exercises are well-explained in advance and supported with handouts so that I could perform them correctly on my own. Chris' thoroughness and attention to detail was, I believe, instrumental to my full recovery. More recently, I visited her practice for a shoulder problem that ultimately required another surgery. With the help of Chris and her staff, I regained full mobility and strength more quickly than I had anticipated.

"In the course of these procedures, I became acquainted with Michele Mallon and Brennan Healing. I'll admit, I was skeptical about this modality, but I agreed to give it a try. While I still don't understand how it works, I am convinced that Brennan Healing contributed to my recovery. I experienced sensation during my sessions with Michele, and improvements afterwards, which can only be attributed to her healing technique.

“With my repaired joints, I became interested in improving my overall health and strength. This objective led me to Jennifer Bergh Pilates at The Integrated Healing Center. Jennifer’s positive approach, and consistent encouragement, has pushed me beyond what I thought possible. My strength, posture, and endurance have all improved with Jennifer’s help.

“Through Jennifer, I met Bettina Becker and treated myself to a massage. It turned out to be the best massage I have ever imagined, and has become a regular treat. Through Bettina, I was introduced to the Franklin Method. Maybe it will be my next Integrated Healing Center experience!”

ALLYSON ROSS

In 2013, Allyson Ross had a bilateral mastectomy surgical procedure, and her surgeon recommended Chris Hayes for physical therapy. And in subsequent years to her mastectomy, Allyson had a hysterectomy and issues with a cyst. Allyson says, “Chris Hayes is amazing. I really believe and feel that she and her team were a large part of my healing from surgery and



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The Integrated Healing Center's Pilates sessions strengthen and lengthen deep muscles located closest to the spine through a series of concentrated exercises. As illustrated in these photos, Jennifer Bergh and Bettina Becker perform Pilates therapy for Allyson Ross.



Sara Fortunato, LMT, PTA, CLT-UE, specializing in therapeutic, Swedish, and hot stone massage, performs therapeutic massage for Allyson Ross.

Introducing the Community Clinic at

The Integrated Healing Center

You are invited to explore the power of integrated healing services at the Community Clinic at The Integrated Healing Center in Paoli on

Saturday, February 4, from 9:00 to 11:00 a.m.

The Community Clinic is designed for you, to observe firsthand, the true meaning of "integrated healing." You will meet and have the opportunity to experience the work of professional practitioners in the following disciplines: Physical Therapy, Biofeedback, Craniosacral Therapy, Acupuncture, Massage, Brennan Energy Healing, Nutrition, Svaroopa Yoga, Pilates, Franklin Method, and PhyToga.

For your individual needs, you may choose a session with one practitioner or a few practitioners that provide complementary healing services. This event is designed specifically for you to experience "integrated healing" services at a special \$30 rate. You will be able to sign up for multiple 30-minute sessions over the course of the event.

Visit MainlineIntegratedHealing.com for a detailed description about the Community Clinic event and the unique services of The Integrated Healing Center.

procedures. I feel completely blessed that they have been part of my healing team. After surgery, I was ready to accept a *new normal* – limited range of arm motion. That's not been the case at all. I now have full motion, and I have benefitted in so many other ways. When you walk into the center, the energy is readily apparent. They are so upbeat, positive, encouraging, and just so supportive. They are so incredibly knowledgeable, and they get the big picture, and understand that everything is connected: physically, mentally, and emotionally. Many times I leave there so exhausted, but always leave feeling mentally and physically better and happy that I selected them."

Allyson made particular mention of The Integrated Healing Center's passion. "I really appreciate their passion for their profession, and the enthusiasm they have for empowering people to help themselves in the healing process. I've learned that this empowerment is so vital to healing."

And Allyson insightfully noted, "I'm finding that a lot of people that have undergone similar procedures, like mine, are not even aware of such services as those provided by Chris and her healing team. In a way, it's a tragedy."

CHRISTINA TABARRINI


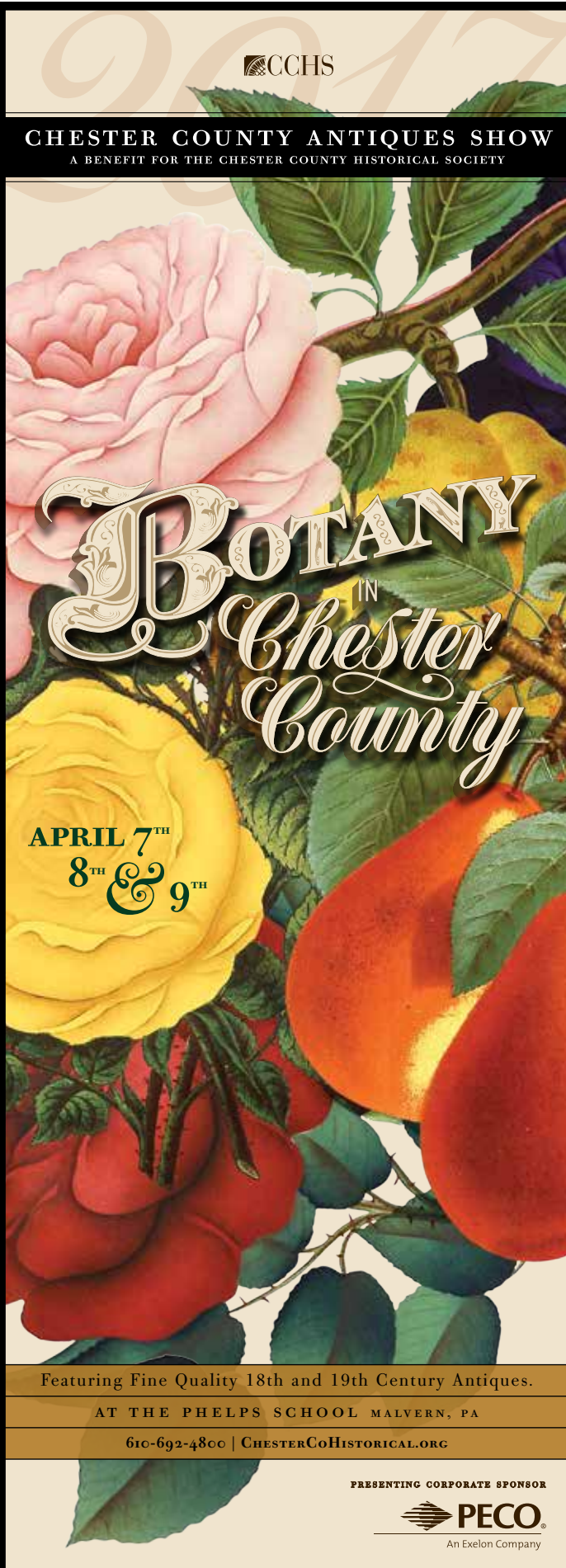
Christina Tabarrini had a double mastectomy surgical procedure. After surgery, Christina could not raise her right arm. Seeking therapy, she went to see a physical therapist. After one visit, she was not impressed. Soon thereafter, Christina told her mother that she would probably never have a full range of motion. Hearing this dejection, Christina's mother, who works in a dental office a floor below Christine Hayes Physical Therapy and The Integrated Healing Center, went upstairs to The Integrated Healing Center and discovered otherwise – Christina, in fact, would be able to regain a full range of motion in her right arm.

After one visit to Christine Hayes Physical Therapy, Christina was able to raise her arm. She exclaims, "It was amazing! When first visiting, I felt an overwhelming sense of caring. I love all the therapists and the comprehensive services provided: physical therapy, massage therapy, yoga, acupuncture, and psychotherapy. I was not a number to them, and not just another case; I received personalized, caring attention." Beyond Christina's physical therapy following her surgery, she received acupuncture from Talia Malka for her neck and shoulder issues that were related to playing tennis. Christina summarized by saying: "I can't speak enough about their office and all of their therapists and services. I always recommend them."

GETTING STARTED

Getting started with Christine Hayes Physical Therapy and The Integrated Healing Center is straightforward. You may begin by visiting the websites listed below, simply calling 610.695.9913, or attending the upcoming Community Clinic at The Integrated Healing Center. [CCL](#)

Christine Hayes Physical Therapy
The Integrated Healing Center
195 W. Lancaster Ave.
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