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# PENN - TRAFFORD PHYSICAL THERAPY, INC.

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Welcome to our 60th Penn-Trafford Physical Therapy Inc. Newsletter

## REFERRAL APPRECIATION

Penn-Trafford Physical Therapy Inc., would like to thank those patients who recommended us to their family and friends. Their names will be entered into a drawing for a gift card. So, if you recommend us to others, you too can have your name entered into a drawing for a gift card.

Andrea Handyside will receive a gift card for being selected from our last referral appreciation drawing.

Thank you!

Please "LIKE" Penn-Trafford



Physical Therapy on Facebook and see what helpful information we have to offer. Please look for us on Instagram under the name **penn\_trafford\_physical\_therapy** and FOLLOW US!!!



FARE



The first 25 callers who solve and call with the answer will have their names entered into a drawing for a gift card.

Call 724-744-7200 with your answer.

We had 23 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Wathina Lewkowicz**. Congratulations Wathina and to all who correctly solved the brainteaser.

Last newsletter's brain teaser answer: **Easy as Pie**

## OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

The American Physical Therapy Association would like to make everyone aware that physical therapy is a safe and effective route to medications such as opioids for treatment of chronic pain. It is also time to celebrate the work health professionals do to restore, maintain function and improve people's lives without using possible harmful and addictive medications. According to the APTA it is the safest way to manage pain.

### What is causing my shoulder pain?

Shoulder pain can be caused by many different sources such as: neck, heart, pancreas, gallbladder, lung, osteoarthritis, frozen shoulder, rotator cuff injury or overuse. So to treat shoulder pain, we must first determine its cause. Physical therapists are professionals in musculo-skeletal injuries and treatment. We evaluate the origin of pain and determine the appropriate treatment including modalities of heat, cold, electrical stimulation, ultrasound and laser. Treatment may also include Range of Motion (ROM), Progressive Resistive Exercises (PRE), flexibility posture exercises and muscle balancing to the shoulder and shoulder blade (scapular) muscles. Each patient at Penn Trafford Physical Therapy is treated individually based on the findings of a thorough evaluation and then progressed to meet their individual goals. Our patients include athletes, weekend warriors, blue-collar and white-collar professionals and retirees.

So if you need physical therapy, call 724-744-7200 to schedule an appointment.

### *Here is what our patients have to say about us!*

*Just love it here. People and therapist here are fantastic. Both times I came for therapy I greatly improved and I will be back D.M*

*"Before therapy I could not lift my left shoulder, now I can do everything. I can lift high and go out to the left, and lift weight" K.E.*

*I had shoulder surgery on 9-25-2020, I had no movement, and was in a sling. Now 1-7-21 I am up to about 85% flexibility and have very little pain. When I started my physical therapy with Mike I really didn't believe I would get to this point so quickly. K.M.*



### Best of the Best 2021 VOTING ROUND

Votes will be accepted Sept 23 through Oct 10

Go to the "Physical Therapist" Category and vote for

**Penn Trafford Physical Therapy**

<https://bestofthebest.triblive.com/westmoreland/>

Or visit our Facebook page and click on the link

**\*\*1 vote per day per e-mail address\*\***

Thank You for supporting us



Don't forget that Penn-Trafford Physical Therapy offers Direct Access.... We can evaluate and treat patients without a referral for up to 30 days without first seeing your physician for a prescription. After 30 days the patient must obtain a script from the physician if it's necessary to continue therapy.



We offer Bio-Freeze at Penn-Trafford Physical Therapy.

We have 3 oz. roll-ons and 4 oz. tubes. Please be sure to stop in and see us if you need some.



Hope you enjoyed the newsletter and if you have any suggestions for future topics call us at 724-744-7200. Don't forget to visit our website at: [www.pttherapyinc.com](http://www.pttherapyinc.com)