

This issue contains:

- Welcome
- What is causing my Osteoarthritis
- Success Stories
- Brain Teaser Contest winner
- Referral Winner

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.



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 the drawing.

Richard Niemiec will receive a gift card for being selected from our last referral appreciation drawing.

Thank you!



give	get

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 11 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Mary Ellen Berta**. Congratulations Mary Ellen and to all who correctly solved the brainteaser.

Last newsletter's brain teaser answer: **Fair and Square**



PENN - TRAFFORD PHYSICAL THERAPY, INC.

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Welcome to our 61st Penn-Trafford Physical Therapy Inc. Newsletter

Penn-Trafford Physical Therapy would like to thank our patients for their support and trust during these last few months. We continue to follow CDC guidelines and to keep patient's safety our number one priority. Remember you have the right to choose your location for physical therapy services.



OSTEOARTHRITIS

Osteoarthritis is a condition in which the natural cushioning between joints, cartilage, wears away. When this happens, the bones of the joints rub closely against one another with less shock absorbing benefits of the cartilage. The rubbing results in pain, swelling, stiffness, and decreased ability to move. Common causes of osteoarthritis include prior injuries, (i.e. fracture), years of wear and tear from working surfaces, job types and heredity. Women are also more likely than men to suffer with osteoarthritis.

Treatment includes physical therapy to strengthen muscles around your joint, increase flexibility and reduce pain. Regular walking and swimming can also be effective.

Other forms of treatment include cortisone injections, lubrication injections, joint re-alignment and joint replacement

Here at Penn-Trafford Physical Therapy, we specialize in the treatment of knee, hip, shoulder, spine and ankle osteoarthritis, and joint replacement therapy. Please call today at **724-744-7200** to schedule an appointment and start your path back to full function.

Here is what our patients have to say about us:

I would like to thank everyone here for helping me get back on my feet. When I first started therapy I was in so much pain. The staff made sure I was comfortable. I will be sharing my experience with my friends when they need therapy. You guys are the best. You gave me my life back. Thank You J.K.

After my knee replacement I had been in a lot of pain. Between the swelling and not being able to bend my knee, I was afraid I would never be able to do the things I used to do. After physical therapy I feel I am back to my normal self. Thank You. L.S.



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.

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!!!



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