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PENN - TRAFFORD PHYSICAL THERAPY, INC.

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Welcome to our 58th 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 chose your location for physical therapy services.**

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.

Carmela Tempero 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!!!



What is at the end of a Rainbow?

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 16 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Janice Skoretz**. Congratulations Janice and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:
A Towel

HOLIDAY SEASON IS PEAK STRESS TIME

Steps to handle holiday stress:

- Take control of the holidays
- Learn to recognize your holiday triggers, such as financial or personal demands before it leads to a meltdown
- With a little planning you can find peace and joy this season
- If you're feeling stress this holiday season, reach out to family or a friend with a text, video chat or a phone call
- Be realistic, the holidays don't have to be perfect like last year, as families change and grow, traditions change as well, be open to the changes and start new ones
- Create new ways to be together, by sharing videos, email, and pictures, even video calls
- This year is financially challenging for everyone, set a budget and stick to it, start a new tradition with some homemade gifts, or start a family gift exchange
- Plan ahead with grocery and gift lists and consider shopping online, keeping to that budget
- Don't abandon healthy eating and exercise habits, overindulgence can add to stress and guilt
- Take time to refresh yourself and restore your inner calm



Reference: Mayo Clinic



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.

Don't forget to visit our website at:
www.pttherapyinc.com
(please note new web address)

If you have any comments or suggestions please feel free to call us at 724-744-7200.

Hope you enjoyed the newsletter and if you have any suggestions for future topics call us at 724-744-7200.



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.