

This issue contains:

- **Welcome**
- **Benefits of Physical Therapy**
- **Brain Teaser Contest Winner**
- **Referral Winner**

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.

Amy Senkow 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 gets wetter the more it dries?

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 20 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Karen Kealey**. Congratulations Karen and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:
All 12



PENN - TRAFFORD PHYSICAL THERAPY, INC.

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Welcome to our 57th 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.**



WHAT ARE THE BENEFITS OF PHYSICAL THERAPY?

- 1. Physical Therapy helps manage pain**
Therapy helps to mobilize joints and soft tissue to restore muscle and joint function to help eliminate pain and keep it from returning.
- 2. Physical Therapy can help avoid surgery**
By eliminating pain and improving strength and mobility many people can avoid surgery or at least help you recover faster if surgery is necessary.
- 3. Physical Therapy improves balance**
Often after injury or surgery, patients have a hard time returning to prior activities. Physical therapy however, restores mobility, strength, coordination and conditioning to allow patients to return to previous activities.
- 4. Physical Therapy can help athletes prevent and return from injuries**
Physical Therapists can evaluate and prescribe specific exercises for athletes to help reduce injuries and make a faster return to sports after injury or surgery.
- 5. Physical Therapy is needed**
By athletes to return to a sport and by workers and individuals following injury, surgery or health related problems that limit mobility, strength, coordination and conditioning. This can also include cancer, arthritis, heart disease, diabetes, lung disease, stroke, Parkinson's disease and vertigo.



It's hot out there, keep hydrated.

Don't FORGET! 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 phyiscian 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.