

Snowy days, frosty nights and warm hearts.....that's what winters all about. Snow covered trees, children playing in the snow and a warm night by the fire makes us enjoy this long, cold season. What we tend to forget are those little aches and pains we feel throughout the day that just "won't go away". Our favorite line is, "I'll wait until later to take care of it." You will enjoy our article, "Don't Put Off Tomorrow What You Can Do Today". Please take some time and read it and take action. **Penn-Trafford Physical Therapy** is here to help you get started.

*This issue contains:*

**\*Don't Put Off Tomorrow What You Can Do Today**

**\*We are open during construction**

**\*Brain Teaser Contest**

**\*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.

**DON'T FORGET**  
The XXII Olympic Winter Games (Sochi) 2014 begins on: Friday, February 7 and ends Sunday, February 23.



# PENN - TRAFFORD PHYSICAL THERAPY, INC.

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## Don't Put Off Until Tomorrow What You Can do Today

Have you been putting off getting that nagging pain checked and treated, thinking that it will go away? Now is the time before spring is here to take care of it.

Here at **Penn-Trafford Physical Therapy** we specialize in musculo-skeletal problems from head to toe. We treat ailments of: headaches, neck and back pain, disc problems, shoulder and elbow pain, post-fractures, joint replacements, post-illness deconditioning, hip, knee, ankle pain and injuries and balance disorders.

**Penn-Trafford Physical Therapy** also has what is called Direct Access, which is **Physical Therapy** access without a physician referral for 30 days. After 30 days, a referral is required. Presently, Medicare, workers compensation and auto insurance do not permit therapy under Direct Access, and all require a physician referral. If you are not sure please call us at 724-744-7200, and we can give you some assistance.

So, what are you waiting for? Call today before Spring is here and you are saying, "I thought it would go away."

**Penn-Trafford Physical Therapy** would like everyone to know that **WE ARE OPEN DURING CONSTRUCTION OF HARRISON CITY-EXPORT ROAD**. So, if you feel you are in need of physical therapy, come on in!



Hope you have enjoyed the newsletter and if you have any suggestions for future topics call us at 724-744-7200. Don't forget to visit our newly redesigned website at: [www.ptpti.com](http://www.ptpti.com). If you have any comments or suggestions please feel free to call us at 724-744-7200.

## Brain Teaser Contest

*This issues brainteaser is challenging, make sure you really think this one through...*



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 21 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Bill Schlosser**. Congratulations **Bill** and to all who correctly solved the brainteaser.

Last newsletters brain teaser:  
R | E | A | D | I | N | G  
(reading between the lines)

## 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 certificate. So if you recommend us to others, you too can have your name entered into a drawing for a gift card.

**Wayne Schickel** will receive a gift certificate for being selected from our last referral appreciation drawing. Thank you!

