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Brain Teaser Contest

This issue's brainteaser is challenging, make sure you really think this one through...

BUCdropKET

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 14 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Fran Gallo**. Congratulations Fran Gallo and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:
Three strikes you're out.



Please "LIKE" Penn-Trafford Physical Therapy on Facebook and see what helpful information we have to offer.

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



PENN - TRAFFORD PHYSICAL THERAPY, INC.

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Welcome to our 39th Penn-Trafford Physical Therapy Inc. Newsletter

Hard to believe summer is in full swing and the kids have been out of school for over a month! We must admit, June was so unpredictable regarding the weather (rain, rain, rain and more rain ☔) that we promise July will only get better-it can't get any worse 😊!

Take advantage of this time of year-ride a bike, take a walk, run on the beach, throw a Frisbee, or walk your dog. Now is the time to start changing your bad habits-no more excuses, just go out and get some exercise! Penn-Trafford Physical Therapy promotes a healthy lifestyle but wants you to know that we are always here for you when an injury occurs or those aches and pains start creeping up on you. Give us a call at 724-744-7200 and we can help YOU!

Instrument Assisted Soft Tissue Mobilization

Penn-Trafford Physical Therapy now offers Instrument Assisted Soft Tissue Mobilization. Soft tissue mobilization is used for the treatment of soft tissue injuries including: post-surgery, post ligament and muscle strains, tendonitis, joint stiffness, scar adhesions and loss of range of motion. Soft tissue mobilization is a manual therapy technique used to reduce scar tissue, relax muscles and stretch and lengthen connective tissue.

Instrument Assisted Soft Tissue Mobilization utilizes specialized instruments or tools to help in the treatment of soft tissue restrictions following injury. Patients are also given exercises for ROM (range of motion), strengthening, home exercises and ice post treatment to limit inflammation. Our therapists have taken specific training for the utilization of soft tissue instruments and instrument techniques. If you think you may be a candidate for instrument assisted soft mobilization, please call us at 724-744-7200.



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.

Jacqueline Sikorski will receive a gift certificate for being selected from our last referral appreciation drawing. Thank you!



We offer Bio-Freeze at Penn-Trafford Physical Therapy. We have 3 oz. roll-ons and 4 oz. tubes and introducing our newest choice...a 4 oz. 360° spray. Please be sure to stop in and see us if you need some.

Don't forget to visit our website at:

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