

*This issue contains:*

- \*Welcome Autumn!
- \*Penn Township Fall Festival Thank You!
- \*National Physical Therapy Month
- \*Brain Teaser Contest
- \*Referral Winner

*A special thank you to those that stopped by and said hello to us at the Penn Township Fall Festival!*



Penn-Trafford Physical Therapy sponsored a booth at the Penn Township Fall Festival last month and boy did we have lots of visitors! It was great to see our past and present patients at this annual event! Nothing makes us happier than seeing you feeling better!



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 40th Penn-Trafford Physical Therapy Inc. Newsletter

I read somewhere that "autumn is Mother Nature's Fashionista". If you take time out of your busy day and look around you'll understand why. Autumn brings lots of magnificent sites! The leaves begin to change and along with that, a beautiful array of colored foliage. The highways are lined with spectacular colored trees, and the forests look like they are ablaze-an amazing site to behold! Penn-Trafford Physical Therapy welcomes the fall season, but we also know how hectic it can be. Kids are back to school, fall sports are in full swing, and those beautiful, vibrant leaves are now all landing into your back yards!!! 😊

If you have any aches or pains from raking, or your child has an injury from their fall sport activity, you know you can count on us to aid in your recovery. Make an appointment today, call 724-744-7200.



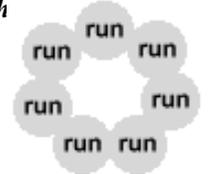
### REFERRAL APPRECIATION

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.

**Karen Watkiss** will receive a gift card for being selected from our last referral appreciation drawing. Thank you!

### Brain Teaser Contest

*This issue's 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 20 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Dennis Holodnak**. Congratulations Dennis Holodnak and to all who correctly solved the brainteaser. Last newsletter's brain teaser: **Drop In The Bucket.**

### OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH



Exercise may be the closest thing we have to the fountain of youth. The right type and amount of it, prescribed by a physical therapist, can help prevent or manage many age-related health conditions. This October is *National Physical Therapy*

*Month* and Penn-Trafford Physical Therapy wants you to know that your physical therapist can help you overcome pain, gain and maintain movement, and preserve your independence-without the need, in many cases, for surgery or long term prescription drug use. This October, the focus is on healthy aging: informing consumers that they can receive an evaluation directly from your physical therapist who can help you overcome pain, maintain vital mobility, and preserve your independence as you age. "Physical Therapists help you restore and improve motion to achieve long-term quality of life." "Motion is anti-aging and something we tend to take for granted until we lose it. Physical Therapists are experts in the way the body moves, so they can help improve people's quality of life by helping them move more freely so they can do the things they want to do without pain and discomfort." (APTA website, APTA President) If you have any questions regarding your health or need some advice on "healthy aging", please give us a call for an appointment at 724-744-7200. We are **ALWAYS** here to help!

So...**Happy National Physical Therapy Month** to all of our loyal patients our there - we truly do appreciate 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](http://www.ptpti.com). If you have any comments or suggestions, please feel free to call us at 724-744-7200.