

This issue contains:

- *SPRING-2016!
- *6 Myths about Physical Therapy
- *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 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.

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.

Janice Kelly will receive a gift card for being selected from our last referral appreciation drawing. Thank you!

We had 20 callers correctly solve the last brainteaser. The winner of the brainteaser contest was Caitlin Wiser. Congratulations Caitlin and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:

Sick in Bed

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



PENN - TRAFFORD PHYSICAL THERAPY, INC.

Volume Number 42 • Issue Number 42 • Spring 2016

Welcome to our 42st Penn-Trafford Physical Therapy Inc. Newsletter



SPRING-we like the sound of that-do you? Birds are chirping, daffodils are blooming and the sun is starting to shine. Penn-Trafford Physical Therapy loves the Spring-it's our time to get the word out about physical therapy and how it can help you. People everywhere are experiencing the transformative effect physical therapy can have on their daily lives. In fact, as experts in the way the body moves, physical therapists help people of all ages and abilities reduce pain, improve or restore mobility, and stay active and fit throughout life. However, there are some common misconceptions that often discourage people from visiting a physical therapist. In our article "6 Myths about Physical Therapy", we take the time to debunk these 6 myths about physical therapy. Go ahead and read this article and let us know if you've ever had any of these misconceptions!



6 Myths about Physical Therapy

Myth 1: I need a referral to see a physical therapist.

Fact: A recent survey by the American Physical Therapy Association (APTA) revealed 70% of people think a referral or prescription is required for evaluation by a physical therapist. However all 50 states and Washington, DC allow patients to be evaluated by a physical therapist without a physician referral or prescription. This is called DIRECT ACCESS-and Penn-Trafford Physical Therapy has DIRECT ACCESS.

Myth 2: Physical therapy is painful.

Fact: Physical therapists seek to minimize your pain and discomfort-including chronic or long-term pain. They work within your pain threshold to help you heal, and restore movement and function. For those of you that have been a patient of ours over the years know that we make your visit as comfortable as we possibly can!

Myth 3: Physical therapy is only for injuries and accidents.

Fact: Physical therapists do a lot more than just stretch or strengthen weak muscles after injury or surgery. They are skilled at evaluating and diagnosing potential problems before they lead to more serious injuries or disabling conditions-from carpal tunnel syndrome and frozen shoulder to chronic headaches and lower back pain, to name a few.

Myth 4: Physical therapy isn't covered by insurance.

Fact: Most insurance policies cover some form of physical therapy. Beyond insurance coverage, physical therapy has proven to reduce costs by helping people avoid unnecessary imaging scans, surgery, or prescription drugs. Physical therapy can also lower costs by helping patients avoid falls or by addressing conditions before they become chronic.

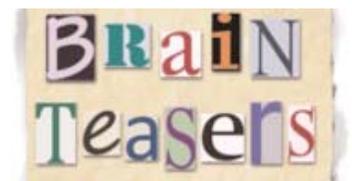
Myth 5: Surgery is my only option.

Fact: In many cases, physical therapy has been shown to be as effective as surgery in treating a wide range of conditions-from rotator cuff tears and degenerative disk disease, to meniscal tears and some forms of knee osteoarthritis. Those who have recently seen a physical therapist know this is true.

Myth 6: I can do physical therapy myself.

Fact: Your participation is key to a successful treatment plan, but every patient still needs the expert care and guidance of a licensed physical therapist. Mike Huffman, our therapist will use his specialized education, clinical expertise and the latest available evidence to evaluate your needs and make a diagnosis before creating an individualized plan of care.

A special thanks to the APTA website: www.apta.org for this insightful article.



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.**