

*This issue contains:*

- \*Welcome Fall!
- \*October is National Physical Therapy Month
- \*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](http://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.

**Kathleen Horton** 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.

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 47<sup>th</sup> Penn-Trafford Physical Therapy Inc. Newsletter



Say goodbye to summer and bring on fall! Fall.....a season where school is back in session, high school football games are in full swing and the weather is getting colder. There is no season throughout the year that is more colorful than fall. Just look around.....everywhere your eyes can focus, the fall colors are so bright and intense and beautiful. Leaves on the trees are magnificent in color, red, yellow, orange and brown. The days are shorter, nights are longer and the air is crisp.

Penn-Trafford Physical Therapy also knows that those beautiful leaves eventually fall to the ground. Raking is a real workout so make sure you warm up your body by stretching before you start! If you're feeling any aches or pains we are here to help, give us a call at 724-744-7200 and we can make an appointment for you.



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

### STANDING miss

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 28 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Janet Tatters**. Congratulations Janet and to all who correctly solved the brainteaser. Last newsletter's brain teaser:

**See For Yourself**

**October** is National Physical Therapy Month.

National Physical Therapy Month is an annual opportunity to recognize the physical therapy profession's efforts to improve the health, mobility, and quality of life of the patients they serve locally, nationally, and globally. Whether you're pursuing a healthy lifestyle or recovering from illness or injury chances are you will come across the need for a physical therapist at some point in your life. It doesn't take surgical intervention to necessitate the skills and expertise of a quality physical therapist. The intervention and counseling provided by a skilled PT can heal just about any ache or pain. Be proactive and don't suffer in pain unnecessarily!\*

The Staff at Penn-Trafford Physical Therapy would like to take this opportunity during National Physical Therapy Month to thank ALL of you who have been patients over the years. We appreciate your loyalty too. If you know of anyone that is in need of physical therapy please pass our name along to them!

### HAPPY FALL!

\*APTA website

