

**This issue contains:**

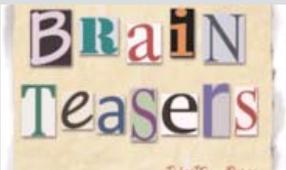
- Think Spring!
- Celebrating 16 Years of Being in Business
- Success Stories
- Brain Teaser Contest
- Referral Winner

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.

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



**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 22 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Jill Fleming**. Congratulations Jill and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:

Middle Aged



# PENN - T R A F F O R D PHYSICAL THERAPY, INC.

Volume Number 49 • Issue Number 49 • Spring 2018

## Welcome to our 49<sup>th</sup> Penn-Trafford Physical Therapy Inc. Newsletter



Think spring, think spring, think spring.....Are you tired of the cold? Us too, especially when it snows on the first day of April! It feels like winter is never ending and it just won't go away! Unfortunately, we can't control the weather but we can control how we take care of ourselves. Days are longer, temperatures are rising and there are plenty of activities to do outside! Now is the time to get in shape, stay active and do what's right for YOU! If you feel you're in need of a "spring tune-up" to get these activities in, Penn-Trafford Physical Therapy is here for you. We offer "Direct Access",

which means we can evaluate and treat a patient without a referral. So, give us a call at 724-744-7200 and schedule your appointment today.

### Penn-Trafford Physical Therapy Celebrating 16 Years of Being in Business



Penn-Trafford Physical Therapy is celebrating our 16th Anniversary! We would like to dedicate this issue to our patients, past and present who have helped make us so successful today. To show our thanks and appreciation we'd like to share a few "success stories" with you. These stories were written by our very own patients and shared with their doctors. We love to see how far they've come after completing physical therapy!

Success Story #1: *"Before I came to physical therapy, I couldn't bend, sit or lift. I can now tie my shoes, ride in a car, clean etc. The care I received at Penn-Trafford Physical Therapy was above and beyond great! I highly recommend Mike and his incredible staff". (JW)*

Success Story #2: *"Before I started physical therapy, I was unable to lift my arm to waist level. Trying to raise my arm behind my back was very painful. After physical therapy I can lift my arm above my head and can reach behind my back. I am so happy to have function of my arm back and be able to do things without struggle and pain." (DC)*

Success Story #3: *"Before physical therapy, I could hardly put any weight on my left leg. I was using crutches and unable to teach and/or take any dance classes. Now that I have finished physical therapy, I have gained so much strength back and I'm now able to dance again! I am extremely happy with my recovery process and glad to be back to dance!" (AP)*

Success Story #4: *"Before I started physical therapy, I could only walk on completely flat surfaces. No steps or inclines at all, and that was with a cane! Since coming to physical therapy I am now CANE FREE, pain free and walking up and down steps." (NP)*

Success Story #5: *"When I first came to Penn-Trafford Physical Therapy, I could not use my right shoulder or arm. The pain was at a 10. My experience has been wonderful. The staff is very caring. They worked me hard but did not push me to extreme limits. I am now able to do everything with my right arm, pain free! Being an avid bowler and golfer, I was worried about the future. I am now back in league bowling and getting better every week. I would recommend Penn-Trafford Physical Therapy to anyone needing physical therapy!" (DH)*



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



**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.**

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