

Hertel & Brown
PHYSICAL & AQUATIC THERAPY
Erie, PA

NEWS

Summer 2016

YARD WORK = HARD WORK |||||

Many people look forward to creating beautiful landscape scenes in their yards for the summer, whether it's an immaculate green lawn they can be proud of or a peaceful backyard oasis in which they can relax. However, mowing, gardening, planting and mulching can all have dangerous side effects if you're not careful! Before you dive right in to the dirt, take note of these tips for safe yard work.

- Hold shears and heavy objects close to your body to avoid back strain.
- When raking, put one foot forward and the other one back; then switch after a few minutes.
- Use your body weight when pushing a mower instead of your arms and back.
- Choose tools with larger, padded or curved handles that are easier to use over long periods of time.
- Sit on a low stool when working at the ground level – it's easier on your joints than being on your hands and knees.
- Change tasks and positions frequently to avoid overly repetitive motions that can cause stiffness and cramping.
- Take breaks and stay hydrated!

As usual, if you've worked too hard on your weekend project and you find yourself in pain, you can call the Hertel & Brown closest to you to schedule an appointment – no referral is necessary!

- Spend 5 to 10 minutes stretching before starting your yard work.
- When picking up leaves or bags of dirt, be sure to bend from the knees, contract your abdominal muscles and keep your back straight. Do NOT bend at the waist.
- Avoid twisting your spine or knees while holding heavy garden equipment such as a shovel, especially in a forward bent position.
- When weeding, a half-kneeling position is safer than bending forward.



It's a Hertel & Brown Baby Boom!



Welcome Elle Keddie!

Elle Keddie, born on June 5th, weighing 6 pounds, 11 ounces, has arrived! Join us in congratulating **Lauren Keddie, DPT**, and her husband Alex on their new addition.



Welcome Bennett Bailey!

Facility Director **Sarah Bailey, DPT, Cert. MDT**, her husband Chris and big sister Grace excitedly welcomed baby #2 on June 6th. Bennett Bailey weighed in at 7 pounds, 13 ounces. Congratulations to the Bailey family on their new baby boy!

WHAT'S new at...

West Erie Plaza

902 West Erie Plaza Drive, 814.456.6000

- Congratulations to **Jackie Exley, DPT, CFCE**, who is now officially a Certified Functional Capacity Evaluator through OccuPro. Jackie had to pass rigorous criteria and demonstrate a high level of skill in the field of return-to-work and disability evaluation. Functional capacity evaluations can be scheduled by calling the West Erie Plaza office.
- **Erin Anderson, PTA**, represented Hertel & Brown at the YMCA Healthy Kids Day event in May by helping out at the Healthy Snacking station.
- Hertel & Brown was also a proud sponsor of the 9th annual BaySwim – congratulations to everyone who swam the mile across Presque Isle Bay! If your shoulders are sore after that, stop in to see us for some TLC!

Summit

8270 Peach Street, Suite 400, 814.866.5930

- We are so excited to be in our new home at 8270 Peach Street, Suite 400, a new plaza attached to the south end of Fuhrman's Cider Mill, just south of I-90. **Don Fuller, MPT**, and his team are anxious to welcome you to the new facility - stop in to check it out if you haven't been here yet! If you need to call to make an appointment, our phone number did not change: 866-5930.
- We are happy to welcome two new physical therapy technicians to our staff: **Emily Stoicovy** and **Rachel Shopene**.



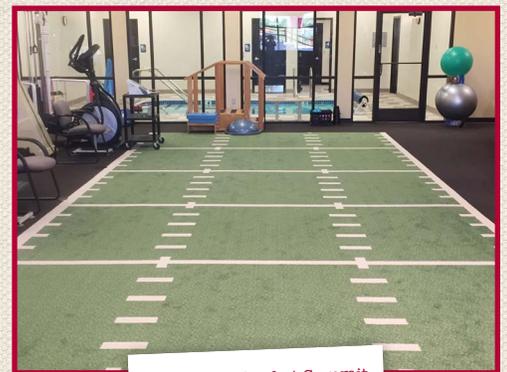
Summit pool



New H & B Summit office, next to Fuhrman's



Welcome to the new H & B Summit office!



Indoor field at Summit

Sterrettania

2828 Sterrettania Road, 814.836.1970

- **Bobby Rainey, DPT, OCS, MTC, EP-C**, recently completed additional manual therapy training focusing on manipulation, soft tissue techniques, pain management strategies and sports physical therapy.
- June is headache awareness month, and believe it or not, physical therapists are trained to help determine types of headaches and manage pain caused by tension-type headaches. Our specially trained experts will help you correct the issues causing your pain and educate you on how to prevent future headaches. Simple changes to your posture and work station as well as techniques to improve neck mobility and muscle strength can make a big difference. Give us a call if you're experiencing headaches that interfere with your daily activities.



Vinny Massella, PTA

Harborcreek

4472 Buffalo Road, 814.464.0660

- **Julia Ferrare, PTA**, recently earned a certificate in Aquatic Physical Therapy Clinical Competency from the Aquatic Physical Therapy Section of the American Physical Therapy Association after completing a course at the Cleveland Clinic.
- **Vinny Massella, PTA**, joined the Harborcreek staff in May. He graduated



Stephanie Boyce, DPT

from Mercyhurst North East and previously served in the United States Marine Corps. He spent two years as a PTA at the Barber National Institute doing early intervention for children before becoming a member of the H & B family - welcome Vinny!

- **Stephanie Boyce, DPT**, is another new addition to the Hertel & Brown family. She graduated from Gannon University, after completing her final clinical rotation right here at Hertel & Brown in Harborcreek. Stephanie will be seeing patients here while Sarah is out on maternity leave. She will also stay on as a full-time staff therapist at the end of the summer and split time between the Harborcreek and Summit offices.

Warren

2 Farm Colony Drive, Warren, PA, 814.406.7384

- **Darbee Harrington, DPT, CCI, Cert. MDT**, facility director of the Warren office completed the Mulligan Concept Upper Quadrant Mobilization with Movement course in Pittsburgh. Mulligan mobilization techniques increase motion and decrease pain in the neck, mid-back, ribs, shoulder and elbow. Individuals that benefit from these manual techniques include those with pain and restricted motion secondary to arthritis, surgery, headaches and recent injuries sustained during participation in hobbies, sports or activities of daily living.
- On May 4th, Darbee presented "Fit to Stitch" to over forty women during the Quilter's Night Out. The focus of the presentation was tips for ergonomically designing sewing rooms and performing exercises to prevent overuse injuries.
- The Warren office is excited to welcome two new techs, **Morgan Leichtenberger** and **Marlea Sprandle**. Morgan is studying Kinesiology at Penn State University and Marlea is studying Exercise Science at Slippery Rock University. We'd also like to welcome **Malia Mann, DPT**, who will be helping out this summer while Lauren is on maternity leave. Malia graduated from Gannon University in Erie, Pa., and completed her final clinical rotation at Hertel & Brown – West Erie Plaza.
- On Mother's Day weekend, Hertel & Brown served as a proud sponsor of the Mom Prom to benefit Caring For Life (CFL) for the third consecutive year. CFL is a non-profit philanthropy that benefits families with seriously ill children in Warren County. This year the Mom Prom raised a record-breaking total to lessen the financial burden on these families so that they can focus on their sick children. **Rachel Monaghan, front end coordinator, Jen Heinrich, PTA, Darbee** and **Lauren** also attended the event. As a community, we can make a difference!



Morgan Leichtenberger,
Physical Therapy Technician



Marlea Sprandle,
Physical Therapy Technician



Malia Mann, DPT

Getting **YOU** back to living!



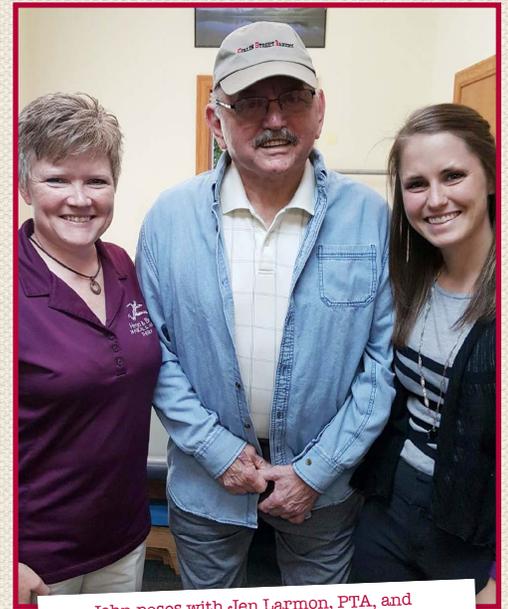
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Patient: **John Fetzner**, Sterrettania Clinic

Background: "In January 2015, I suffered a **stroke** at home and lost the complete use of my left side. I couldn't sit or stand. I was discharged from Saint Vincent and sent to St. Mary's West. I spent six months there and was sent home to be cared for by a home therapist. Once again, insurance dictated her departure and she referred me to Hertel & Brown."

Physical Therapy: "With much anxiety, I went to Bobby Rainey, DPT, OCS, MTC, EP-C, and her staff at the Sterrettania office. I immediately felt at home and in knowledgeable hands. Unlike the group therapy, everything was one-on-one, and there was never any hurry. They have that 'tiny steps' will still get you across the finish line attitude. Every time I leave, I feel better and happy that I have just taken another 'tiny step.'"

Today: "I have reduced the size of my canes down to a single-based cane, and I can now take unassisted steps for short distances. We have progressed to where I now can do most things they ask me to do and someday come back, turn the music on, and dance with them all!!"



John poses with Jen Larmon, PTA, and physical therapy technician Allison Stockton.

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