

WINTER 2017

# PT INSIGHT

A PUBLICATION OF DREVNA PHYSICAL THERAPY ASSOCIATES



**MAKE 2018  
YOUR YEAR:  
GET MOVING!!**



# NEW YEAR

## Make 2018 Your Year: GET MOVING!

### New to working out? Intimidated by big classes? Or just trying to get back into shape?

We are here to help you get started no matter where you are in your fitness journey. Our Strength First and Fortius Fundamentals classes are a great first step! We have certified personal trainers who will guide you through a safe and effective workout in a small group setting.

**Come try out a class for FREE! Call us at our Wolf Plaza office at 717-553-4088 If you want more details about our beginner resistance training classes.**



The importance of physical fitness cannot be emphasized enough.

In a society that is adopting a more sedentary lifestyle, there is a greater need than ever to increase your daily activity level to maintain both your cardiovascular fitness and a healthy body weight. Staying active means keeping your body functioning at its optimum level. Regular exercise will maintain the performance of your lungs and heart, burn off excess calories and keep your weight under control. Exercise will also improve muscle strength, increase joint flexibility and improve your endurance.

Another benefit of getting regular exercise is that it actually decreases your risk of heart disease, the leading cause of death in the United States. Additionally, it can decrease your risk of stroke, colon cancer, diabetes, and high blood pressure. Regular exercise has long been associated with fewer doctor visits as well as less medication use and less hospitalizations. Exercise does not need to be something boring and mundane to get these results. It can be something that you enjoy, that helps increase the overall happiness in your life, and at the same time relieve symptoms of stress, depression and anxiety.

At Drevna Physical Therapy, we offer many opportunities to get you started on an exercise program focused on YOU and your goals.

Our group and personal training classes are being offered at our Fortius Health and Performance Center location in Wolf Plaza. Beginner group classes include **Fortius Fundamentals** and **Strength 1st** which feature using weight resistance to build strength and keep you lean. Our **Pilates 1** class is for those wanting to focus on core strength and flexibility. In addition, we offer **Tai Chi for Balance** and **Silver and Fit** classes for our seasoned clients ages 55 and older. If you are looking for more of a challenge, try **Explosive Strength, Fortius Fit, Fortius Flow, Adult Dance** and **Progressive Pilates**. These classes focus more on enhancing and improving your current fitness level. To view our class schedule go to [www.drevna.pt.com](http://www.drevna.pt.com).

For more individualized attention or those with a limited schedule, we offer a variety of 30 minute and 60 minute training sessions with one of our physical therapists, physical therapy assistants, or one of our personal trainers. Call DPTA at our Fortius Health and Performance Center location for more details at 717-553-4088.

Not sure where to start, but know you need to do something? We can help! Fitness evaluations, conducted by our physical therapists, can determine your baseline fitness status and evaluate your overall strength, flexibility, cardio endurance and agility.

Take the initiative now; find some activities that give you pleasure, or even a buddy to do them with, so that exercise is fun, enjoyable and something that you can continue on a regular basis.

Feeling better, looking healthier and being happier is a gift that will keep giving for years to come! Call us at our Wolf Plaza office at 717-553-4088 and we'll be happy to get you started.

# Get a JUMP START on a healthier and more active lifestyle this January!

Our registered dietitian, Jacqui Zimmerman, will be leading an 8 week healthy lifestyle program that will include:

- Access to all Fortius Health and Performance Center classes during the 8 week program
- One on one meetings with Jacqui and her dietary presentations
- Access to an accountability app, supervised by Jacqui, tracking your food intake and exercise

Last year, Bobby Witmer participated in this program and lost a total of 33 pounds! If you are looking to loose weight or become more active, this program may be right for you. **Call us at our Wolf Plaza office at 717-553-4088 for more details or to register to join this program.**



## “ MY PT STORY ”

### Restored to Health and Fitness: My recovery from breast cancer

“Over the course of the past ten years or more I have received outstanding care from the staff at Drevna Physical Therapy Associates, for a torn rotator cuff repair, two knee replacements, various back and neck issues, and some injuries related to misuse of certain joints as I grew through maturation into becoming the 77 year old person that I am today.

During the past year I have experienced chemotherapy, a mastectomy with reconstruction, and radiation for treatment of stage 3 breast cancer. During this time of cancer treatment, I met with Tim Drevna, to assist with muscle spasms in my back and neck due to arthritis, returning arm motion to full range and strength following surgery, to prevent lymphedema in my arm, and to provide overall strengthening as I moved through radiation and beyond.

After several months, when I completed Tim’s regimen of physical therapy, I began twice weekly sessions with Amy Finnegan, physical therapy assistant, who guided overall conditioning and strength training for two months at Fortius. I then moved to the gym at Fortius to work with Angie Klaasen, athletic trainer, where I continue to work twice each week.

It has been a wonderfully positive experience to move through these different levels of care to arrive at a place of confidence, strength and good health. The name Fortius, which in Latin means strength, is so appropriate to what happens at this facility. It has been a gift to be able to move forward while under the care of professionals who know what is appropriate for my age, ability and level of fitness. I am stronger now and in better physical condition than I have been in many years!

I feel so lucky to be the beneficiary of the expertise of Tim, Amy and Angie. They are gifted in the knowledge of their field, skilled in being able to teach in a way that continues to challenge me physically and to always be encouraging, upbeat and positive!! If there was ever a question or concern, these three experts were able to collaborate for a positive solution on my behalf. The entire staff at Drevna Physical Therapy Associates fits this same description. We are so fortunate to have them in our community and lives!

THANK YOU TO ALL OF THE STAFF AT DREVNA PHYSICAL THERAPY ASSOCIATES AND FORTIUS!!” - Gloria





**DREVNA PT ASSOCIATES @ NORTH POINTE**

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**DREVNA PT ASSOCIATES @ WOLF PLAZA**

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[www.drevnapt.com](http://www.drevnapt.com)

**RETURN SERVICE REQUESTED**

## UPCOMING SEMINARS



**BE IN SPINAL BALANCE: HOW TO MANAGE YOUR BACK PAIN**

Presented by Jennifer Rice • Tuesday, January 25th at 6:00pm  
Location: Drevna PT Associates @ North Pointe Office, 160 North Pointe Blvd, Suite 113, Lancaster, PA 17601



**PAIN IN THE NECK?**

Presented by Chris Hudson, DPT • Tuesday, February 6th at 7:00pm  
Location: Drevna PT Associates @ Fortius Health & Performance Center, 2078 Bennett Avenue, Lancaster, PA 17601



**SHOULDER PAIN AND THE ROTATOR CUFF**

Presented by Mike Beiler, PT, DPT • Tuesday, February 13th at 7:00pm  
Location: Drevna PT Associates @ North Pointe Office, 160 North Pointe Blvd, Suite 113, Lancaster, PA 17601



**MEDICARE ENROLLMENT 2018: REVIEWING THE BASICS**

Guest Speaker: Julie Martin from Teaman-Martin & Associates • Tuesday, March 13th, 2018 at 7:00PM  
Location: Drevna PT Associates @ North Pointe Office, 160 North Pointe Blvd, Suite 113, Lancaster, PA 17601



**KNEE OSTEOARTHRITIS: MOTION IS LOTION**

Presented by Tim Drevna, PT, DPT, OCS • Thursday, March 22nd at 7:00pm  
Location: Drevna PT Associates @ North Pointe Office, 160 North Pointe Blvd, Suite 113, Lancaster, PA 17601



### LOOKING FOR A GREAT GIFT THIS HOLIDAY SEASON?!

We have gift certificates available to be used for any of our fitness classes or training sessions! **Call the office at 717-553-4088 for more information.**