



DREVNA PT ASSOCIATES @ NORTH POINTE

160 North Pointe Blvd, Suite 113, Lancaster, PA 17601
Phone 717.569.4184

DREVNA PT ASSOCIATES @ FORTIUS HPC

2078 Bennett Avenue, Lancaster, PA 17601
Phone 717.553.4088

UPCOMING EVENTS



Drevna PT Associates @ Fortius HPC OPEN HOUSE

Stop by and see what everyone is talking about!

Friday, November 11th from 10am to 1pm

Athleta Trunk Show - Come shop for this season's active wear

Saturday, November 12th: from 8am to 12pm

- ▶ Eating for Performance Nutrition Seminar @ 10:30am
- ▶ Free classes (Yoga, Pilates, & FORTIUS Fit): see our schedule online
- ▶ Blood Drive 9am to 12pm provided by Central PA Blood bank
- ▶ Free Sports Performance Screenings by appointment with Russ McDonnell
- ▶ Free Physical Therapy Screenings by appointment with DPT Physical Therapists

Call us to reserve your appointment for any of the events.

DREVNA PT ASSOCIATES @ NORTH POINTE

160 North Pointe Blvd, Suite 113, Lancaster, PA 17601 · Phone 717.569.4184

DREVNA PT ASSOCIATES @ FORTIUS HPC

2078 Bennett Avenue, Lancaster, PA 17601 · Phone 717.553.4088

UPCOMING SEMINARS



"BACK" TO NORMAL EVALUATING & PREVENTING LOW BACK PAIN

Presented by Chris Hudson
December 6th at 7:00pm

Location: DREVNA PT ASSOCIATES @ FORTIUS HPC
2078 Bennett Avenue, Lancaster, PA 17601



"PREVENTING INJURIES FOR PERFORMING ARTISTS"

Presented by Amy Humphrey
January 21st at 10:30am

Location: DREVNA PT ASSOCIATES @ FORTIUS HPC
2078 Bennett Avenue, Lancaster, PA 17601



"PAIN IN THE NECK: CAUSES & PREVENTION IN NECK PAIN"

Presented by Chris Hudson
February 4th at 10:30am

Location: DREVNA PT ASSOCIATES @ FORTIUS HPC
2078 Bennett Avenue, Lancaster, PA 17601



"PROTECTION AND POSTURE: THE ROTATOR CUFF SOLUTION"

Presented by Mike Beiler
February 20th at 7:00pm

Location: DREVNA PT ASSOCIATES @ NORTH POINTE
160 North Pointe Blvd, Suite 113, Lancaster, PA 17601

FALL 2016

PT INSIGHT

A PUBLICATION OF DREVNA PHYSICAL THERAPY ASSOCIATES

DREVNA PHYSICAL THERAPY CELEBRATES ONE YEAR ANNIVERSARY OF 2ND OFFICE LOCATION



PHOTO CREDIT: FINE LIVING MAGAZINE





**Come visit us on
November 11-12th,**
to help us celebrate our
one year anniversary!!!

During our Open House Weekend, we will be available to discuss your needs and desires to improve your daily function, prevent injury, or improve your athletic prowess. We invite you to visit our facilities, speak with our physical therapists and fitness experts, and participate in the weekend's activities. Please check the schedule of events listed in this Newsletter for open house events.

**DREVNA PT ASSOCIATES
@ NORTH POINTE**
160 North Pointe Blvd · Suite 113
Lancaster, PA 17601
p 717.569.4184
f 717.569.4192

**DREVNA PT ASSOCIATES
@ FORTIUS HPC**
2078 Bennett Avenue
Lancaster, PA 17601
p 717.553.4088
f 717.553.1994

Drevna Physical Therapy Associates at Fortius Health & Performance Center: Our Story

Three years ago, Tim Drevna was looking for a way to expand his outpatient physical therapy practice to include a more comprehensive continuum of care for his clients. Tim had a conversation with local strength and conditioning specialist, and soon to be World Champion Weightlifter, Russ McDonnell. Both Tim and Russ observed from their own practices that many people equated exercise with pain or discomfort, and that they were unsure of how to start a fitness or general activity program after illness, surgery, or a long period of inactivity. They agreed that a new concept of exercise training was needed, they decided to establish four main goals to bring better fitness and health to the general public through supervised exercise and activity programs:

1. Make participating EASY
2. CUSTOMIZE the exercise program to the client's needs and desires
3. Make the exercise program EFFECTIVE for each person
4. Ensure that the exercise training is AFFORDABLE

Further discussion followed, with one of Tim's colleagues, Amy Humphrey. She had previously worked at a physical therapy facility that also offered a variety of fitness programs in the Washington, D.C. area. She was able to provide insight on how to structure and establish a program providing this continuum of care.

On June 15, 2016, that vision became a reality. Drevna Physical Therapy Associates would continue to offer their rehabilitation services at a new office at 2078 Bennett Avenue in East Hempfield Township. In addition, Tim Drevna and his partner, Chris Hudson, would reach an agreement with a group of expert fitness instructors, Russ McDonnell, Sharon Hurst, and Angie Klaassen to form a new entity: Fortius Health and Performance Center. This unique partnership would provide clients and former patients from both groups to choose from an array of exercise, fitness and physical therapy programs which are noted below:

- ▶ Traditional Outpatient Physical Therapy
- ▶ Screening of clients before beginning an exercise or fitness program. Both the client and the physical therapist agree on the type, frequency, and intensity of exercise.
- ▶ Individual and small group exercise and fitness sessions. This encompasses Balance, Falls Prevention, Tai-Chi, Yoga, Pilates, Dance, Silver and Fit, and Strength Training and cross training programs.
- ▶ Customized personal exercise programs under the supervision of certified and credentialed health care specialists. This ensures safe, evidenced based exercises and activities which are monitored for the level of exercise intensity desired by, and indicated for, each client.
- ▶ A "Bridge" Program, which progresses the patient from the conclusion of their rehabilitation program, to a safe return to team or club sports.
- ▶ Sports Performance Training, which allows high school, college or seasoned athletes to increase their coordination, speed, power, and endurance and advance their sport specific skills.

If you would like a personal tour of our facility, and discuss your individual health, functional, or fitness goals, you can meet with our program coordinators: Amy Humphrey, from Drevna Physical Therapy, or Sharon Hurst, from Fortius.

DREVNA PT ASSOCIATES @ NORTH POINTE
160 North Pointe Blvd, Suite 113, Lancaster, PA 17601 · Phone 717.569.4184

DREVNA PT ASSOCIATES @ FORTIUS HPC
2078 Bennett Avenue, Lancaster, PA 17601 · Phone 717.553.4088



Anita Alonte Roma, PT, DPT, NCS RECERTIFICATION

The American Board of Physical Therapy Specialties (ABPTS) has recertified Anita Alonte Roma as a Clinical Specialist in Neurologic Physical Therapy.

The American Physical Therapy Association established the specialist certification program to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice and to assist consumers and the health care community in identifying these physical therapists.

The purpose of recertification is to verify current competence as an advanced practitioner in a specialty area and to encourage ongoing education and professional growth. To maintain the certified specialist designation, individuals must recertify every 10 years. By maintaining their specialist certification, certified specialists indicate that they are committed to clinical excellence and the development of knowledge and skills in their chosen specialty.

Anita has been certified as a Clinical Specialist in Neurologic Physical Therapy since 1995. Her area of clinical expertise includes working with patients with dizziness, vertigo, concussion, traumatic brain injury, stroke, Multiple Sclerosis, Parkinson's Disease and other neurologic disorders.

**If you have a balance problem or are concerned about falling and preventing injury,
call to see Anita for an appointment at Drevna PT Associates @ Fortius HPC:
717.553.4088 · 2078 Bennett Avenue, Lancaster, PA 17601**



Lisa Goussetis PT, CCTT EARNS SPECIALTY CERTIFICATION

We are pleased to announce that Lisa Goussetis, PT, CCTT has attained a specialty certification in cervical and temporomandibular treatment. This certification has been earned by only 45 physical therapists across the country, with Lisa being only the second certified specialist in Pennsylvania.

The certifying body, the Physical Therapy Board of Craniofacial Therapeutics, is a subgroup of the American Academy of Orofacial Pain (AAOP). It is composed of an independent international board of Physical Therapist with advanced education and clinical experience specific to the evaluation and treatment of patients with cervical spine disorders, cervicogenic headaches, orofacial pain, and temporomandibular joint disorder. These disorders are commonly intertwined in patients with orofacial pain, and successful treatment requires advanced clinical experience.

Requirements for this certification included 2,000 hours of clinical practice over 5 years within the specialty areas of the cervical spine, TMD, orofacial pain, headaches, and related dental pathology. Also required were 100 hours of continuing education within the specialty area, letters of recommendation from an oral surgeon and a previously certified physical therapist, membership in the American Physical Therapy Association, and passing of a qualifying examination. Certified Therapists participate in ongoing education and attend the AAOP yearly scientific meeting, together with maxillofacial surgeons from across the country.

Lisa, a 5 year Drevna Physical Therapist and therapist of 32 years' experience, specializes in postural evaluation and the treatment of complex mechanical and myofascial restrictions, especially pertaining to the neck, jaw, face, and upper quarter. She is able to access and educate patients regarding computer ergonomics and other work related postural concerns. She enjoys helping her patients to regain health and vitality, striving to provide education and strengthening with the goal of alleviating their facial pain in the long term.

**If you have neck pain or TMJ discomfort, call to see
Lisa at Drevna PT Associates @ North Pointe:
717.569.4184. 160 North Pointe Blvd,
Suite 113, Lancaster, PA 17601**