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UPCOMING SEMINARS



MOTION IS LOTION: OSTEOARTHRITIS, KNEE PAIN AND CONSERVATIVE TREATMENT

Presented by Tim Drevna, DPT • Thursday, March 16th, 2017 at 7:00PM

Location: Drevna PT Associates @ Fortius Health & Performance Center, 2078 Bennett Avenue, Lancaster, PA 17601



2017 MEDICARE ENROLLMENT 101: REVIEWING THE BASICS HOW & WHEN TO BEGIN THE ENROLLMENT PROCESS, AS WELL AS REVIEWING YOUR COVERAGE OPTIONS

Guest Speaker: Julie Martin from Teaman-Martin & Associates • Tuesday, March 28th, 2017 at 7:00PM

Location: Drevna PT Associates @ North Pointe Office, 160 North Pointe Blvd, Suite 113, Lancaster, PA 17601



UNDERSTANDING BONE HEALTH: MAKING A PLAN TO STRENGTHEN YOUR BONES

Presented by Lisa Goussetis, PT • Tuesday, April 4th, 2017 at 7:00PM

Location: Drevna PT Associates @ Fortius Health & Performance Center, 2078 Bennett Avenue, Lancaster, PA 17601



RUNNING CLINIC: POUND THE ROADS NOT YOUR JOINTS. COMMON HIP, KNEE, AND FOOT INJURIES ASSOCIATED WITH RUNNING.

Presented by Chris Hudson, DPT • Saturday, May 6th, 2017 at 10:30AM

Location: Drevna PT Associates @ Fortius Health & Performance Center, 2078 Bennett Avenue, Lancaster, PA 17601

**FREE SCREENING
for Back Pain!**

Call Amy at 717-553-4088 to schedule an appointment.
Please bring this coupon with you to your free screening.
This free screening coupon may be transferred to
friends and family. Expires June 1, 2017.

PT INSIGHT

A PUBLICATION OF DREVNA PHYSICAL THERAPY ASSOCIATES



PREGNANCY & FITNESS:
EASING POSTURAL
STRESS (PART 1)





PREGNANCY AND FITNESS: Easing Postural Stress (Part 1)

Amy Humphrey, DPT, OCS, MTC

Pregnancy is the ultimate strain on a women’s body. We all know that regular exercise is essential for maintaining one’s health and fitness, and this fact is equally important for pregnant women. Research shows that exercise is beneficial to pregnant women for an array of reasons. Exercise can increase physical endurance and muscle strength, especially in the hips, back and abdomen. Improving these areas can prepare the body for the physically demanding event of delivering a baby.

Regular exercise during pregnancy can also assist the recovery after the delivery. It tones muscle, which will improve overall metabolism, decrease the severity of fatigue, and assist in reclaiming your pre-pregnancy weight.

Life is about balance. During pregnancy, postural changes occur and it is important to counteract these changes with regular exercise to avoid injury and pain. Most notably, the center of gravity shifts forward due to the growing fetus and the woman’s base of support increasing. Pregnant women demonstrate an increased lumbar lordosis, or arching of the low back. This shortens the spinal extensors, which are the muscles in the lower back.

Studies show that expectant mothers gain an average of 25 to 35 pounds during pregnancy. This weight gain is distributed throughout the body, with excess stress placed on the feet and lower back as well as the hip flexors. The abdominal muscles, on the other hand, lengthen and weaken over time.

As a result, lower back pain is an all too common reality for many expecting mothers. According to the American Pregnancy Association, the number of pregnant women who experience back pain is somewhere between 50 to 70 percent.

As the uterus expands and the baby grows, the mother’s center of gravity moves forward. This shift increases the amount of force the muscles must generate for everyday support causing women to slump forward. Over time, this poor alignment creates muscle tightness in the chest muscles, rolling the shoulders forward and creating increased stress on the muscles of the neck, shoulders and mid-back. If these muscular factors are not addressed, additional loads are placed on the already stressed low back possibly causing low back pain.

Regular exercise can intervene to lessen this strain. A proactive strength, flexibility and stabilization program can be beneficial in preventing or decreasing the intensity of painful symptoms, thus making your pregnancy more comfortable.

Our staff at the Fortius Health and Performance Center is ready to help you achieve your fitness goals during your pregnancy. Whether you wish to continue to exercise in a small group setting, work one-on-one with a personal trainer, or need the guidance of one of our physical therapists to help you with postural strengthening and education, we can help. Stacy Martinez, one of our fitness clients, reported the following after being asked how working out during her pregnancy helped her, “[I was able] to stay healthy, had energy, and did not have any aches or pain during pregnancy”.

Call our office at 717-553-4088 to make an appointment for a Free Fitness Screening. If you are unsure which avenue you should take during your pregnancy, our physical therapists and personal trainers will be able to provide you with a safe and monitored fitness program that is tailored for you.



EMPLOYEE HIGHLIGHTS: Super Moms

Drevna Physical Therapy Associates would like to highlight two of our expert team members who are both expecting their second child this Spring. Sherri Gagne and Angie Klaassen are dedicated employees who strive for excellence but also display super mom qualities. We wish them the best as they enter the next phase of motherhood.

ANGIE KLAASSEN is a personal trainer in our Fortius Health and Performance Center location. She was born and raised in Lancaster, PA. Angie started out pursuing a career in nursing but soon realized that fitness was her passion. In 2007, she graduated from the National Personal Training Institute in Orlando FL. She then came back to Lancaster to pursue her personal training career. While working as a trainer she also became a certified CrossFit Coach, which has helped her training in many ways, but most of all ignited an interest in Olympic lifting which has since become a passion. Angie has competed in Womans Tri-Fitness competition and both Olympic and Powerlifting competitions. She enjoys competing but loves coaching and watching clients compete even more. In 2013, she became certified as a boxing trainer. She feels boxing is a great way to work and improve on focusing, reactive power, muscular endurance and anaerobic and aerobic endurance. When not at work, Angie enjoys spending time with her husband, Jake, and their 2-year old son, Rhett. They are expecting another boy this March.

SHERRI GAGNE is a physical therapy assistant at our North Pointe office. Sherri was born and raised in Carlisle, PA. She attended Eastern Mennonite University, where she graduated in 2000 with a Bachelor of Science in Liberal Arts. She then continued her education at Central Pennsylvania College, where she received her Associate’s degree as a Physical Therapist Assistant in 2006. She enjoys photography, music, spending time with family and friends and traveling. She currently resides in Lancaster City with her husband, Aaron, her toddler son, Clayton, and dog. She has kept healthy and well during her pregnancy by teaching yoga to our clients over the last several months.

“ MY PT STORY ”



“Since breaking my wrist in August from a fall and falling during a recent hike and bruising my ribs, it was suggested by Chris that I have a balance evaluation. I was not aware of such a thing through Drevna Physical Therapy. I had my balance evaluation done by Anita and it indicated that I did have some balance issues. I made a total of 8 appointments to work with Anita on those issues. As of 12/16/16 I have completed all my sessions, I am utterly amazed at the difference those sessions did for me with my balance issues. After working with Anita and doing Pilates classes with Amy and Silver and Fit with Amy Finnegan, my balance has improved. I walk better and my leg is stronger. I am grateful for all the help in improving my stance and gait when walking. I now hope to be able to do more hiking. Thank you to everyone for your help.” - Elaine Yohn 12/15/16



In September I went on a trip in our Model A sedan. For 4 days I bounced around in the Model A and started having pain in my back & hips. I thought it would get better and go away, but by November it had gotten worse. I couldn’t bend and get back up in on motion. I went to Orthopedic Specialists, they said it was bursitis and recommend PT. I saw Chris, he said my hips were “tight as a rope” and started a PT regimen to loosen the hips. I continued twice a week for a few weeks, it appeared the hips were getting loose. After a cortisone injection for the pain I was able to bend and get up in one fluid motion. I have had great care with Drevna and will come back whenever I need PT. Drevna has been a great help. -Cynthia Sierk 1/11/17



“For the past few years I was having pain in my jaw and was hearing a faint clicking noise. Over the course of a week I noticed it getting louder and the right side of my jaw seized up and I couldn’t open my mouth very far. My orthodontist referred me to Lisa.

Lisa listened to me explain my problem and explained to me what was going on. She was very patient. Lisa provided me with exercises to help my TMJ problem and encouraged me throughout my time at Drevna! Thank you, Lisa!!” - Joanna Hertzog 1/23/2017