



ATLAS

T H E R A P Y

Newsletter

October 2020

It's National Physical Therapy Month!



An annual opportunity to raise awareness about the benefits of physical therapy: Physical Therapists and Physical Therapist Assistants play a critical role in helping people of all ages and abilities achieve their physical activity goals and improve their quality of life.

Benefits include: maximize your movements, personalized care that meets your needs, care where you need it- i.e., hospitals, out-patient, home, schools etc. Participation in your recovery can help avoid opioids and surgery.

How to celebrate?

- Think of an activity that you could start at the office to promote quality of life... maybe an early morning or lunch time walking club? Another way to encourage long term quality of life is to improve posture. Perhaps plan a postural screening day with handouts on proper posture.
- Have an Adaptive Equipment and Assistive Technology Fair – demonstrate different types of equipment that PT's recommend. (Can be done virtually and posted to website and social media pages.)
- Volunteer for the local Career Fair. Educate prospective college students on what PT is.

If you are in need of PT, check out atlastherapy.com to see all the areas we specialize in.

Pumpkin Season

Looking for somewhere local to take the kids to get their pumpkins or visit a pumpkin patch? Check out these places around town for all your fall goodies! Be sure to visit their websites for special events and hours.

State College

- Harner Farm
- Wasson Farm Market
- Way Fruit Farm

Altoona

- Weakland Farms
- JB Tree Farm
- Vale Wood Farm

Boss's Day!



October 16th is National Boss's Day! Get to know ours- the man who started it all- Justin Kurpeikis.

What energizes you most about Atlas?

Hearing from satisfied patients. As well as our mission to be the best.

Who inspires you?

My family. Their picture on my desk drives me to be better in everything I do.

What are you most proud of?

The team and culture we have at Atlas. We have created something very special and care about each other.

Theracane Techniques @ Home

What is a Theracane?

Thera Cane is a self massager used to apply pressure to sore muscles. The unique design of the Thera Cane lets you apply deep pressure massage to hard to reach areas of your body on your own. The Theracane increases circulation and soothes away stress and knots in your back. It is ideal for people recovering from muscle surgeries or chronic, nagging injuries from the past.

***Ask our staff where to get your own Theracane for at home.**



Upper Back



Low Back



Hip



Shoulders