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- Wishing you a
Merry Christmas &
Happy New Year



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What's in a name?

As we have mentioned in previous newsletters, Bob and Holly have been in business for 36 years. It was 36 years ago that Bob, Holly and their spouses, Laurie and Steve, sat down to name their new business. The two couples agreed that Physical Therapy & Sports Injury Center was professional, ambitious and made for an easy acronym, PTSIC. Over the years, many patients have suggested we should change our name. One name that keeps coming up over and over is Physical Therapy & More. Even though we don't plan on actually changing our name any time, the suggestion always fills our collective heart with pride and joy.

Physical Therapy & More comes from the discussions that happen here at PTSIC each and every day.

Some of our favorite "& More" moments are those patients who like to share their tastes, recipes, and even favorite dishes with us. We're thinking of the time Al Williams made a BBQ pork recipe that he named Hula Hula Pork. The whole office smelled delicious that day and everyone who came in left with a pork sandwich. As if that wasn't enough, Al came back with warm Peach Cobbler and winter celery from a local farm stand. We love to share these favorites with our patients. We have sampled many pies, cakes, and cookies throughout the year, but especially around the holidays. There are too many famous ladies who have brought their favorite recipes to list here, but we thank you all. It doesn't stop there. Homemade soups, Italian meatballs, and much more have been shared over the years; however, we couldn't claim "& More" if it was just about food.

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We enjoy sharing all our patients' interests. Many are avid gardeners. We've picked up tricks and tips from their knowledge and brightened our office with their fresh cut flowers. Good books, like flowers, brighten the mood and are shared among the staff and patients as well. Over the years, one group of patients liked to discuss words and word choice. They would come up with different words to share and learn. Many different opinions or preferences would be debated and we always felt our patients and staff were up for a healthy debate

Our office remains a place where many different outlooks are shared. Politics has always been a big discussion point. Even when the discussion turned passionate and both sides were argued valiantly, these conversations generally ended in a respectful "agree to disagree." Over the years we have heard opinions on how our country should be run, who should run the country, and why Washington doesn't listen to anyone outside Washington. We have enjoyed learning about our patients and hearing from all points of view.

Often conversations went beyond politics or life experience and there have been spiritual conversations from time to time as well. We know of patients that committed their lives to Christ, at least in a small part, from their time in our clinic.

Of course not all the conversation are serious topics: Our office is also known for our loyal sports fans. Baseball and Penn State football are the two most popular, especially this time of year. Whether it's Bob's Yankees, Holly's Red Sox or most of our patients' Orioles & Phillies, friendly rivalries abound.

In all these topics, we feel like we learn something new every day.

We also have fun while we work. It's often said that laughter is the best medicine and we agree. Laughter can often be heard throughout the office. We've had so many patients who have met as a result of their physical therapy and become friends that we often comment that we should open a coffee shop. Our patients could take their conversations into the café following treatment. If we ever did that, the "& More" would take on a whole new dimension.

Even without a barista in the clinic, one thing is for sure: Patients that complete their treatment with us receive MORE than just personal physical therapy, and that is something we will never change.



"Glory to God in the highest, and on earth peace, good will toward men!"

Luke 2:14

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