

# PHYSICAL THERAPY & INJURY SPECIALISTS

Staying Active for WORK. SPORT. LIFE.

APRIL 2018



Greetings!

We like to have our own bit of fun at PTIS. Read this month's newsletter and see if you can tell fact from foolery.

## WELCOME JOE McCALEB



Joe is our newest PT to joining PTIS. Ask Joe about ballet, photography and his love of KT tape.

## RESEARCHERS DISCOVER CURE FOR EXERCISE



A recent study at the Research Institute of Baked Goods in Berkshire, England, determined that the cure for exercise is chocolate cupcakes. The study's director, Dr. Charlotte Blum, said, "We know that exercise is good for you, but who likes to do all those darn situps and pushups. We knew if we worked hard enough, we would be able to find a cure." Dr. Blum and her team received a grant from The Great British Baking Show for 500,000 GBP (British Pound) for their research. Her team of 20 research assistants were able to perform multiple experiments and found that, indeed, chocolate cupcakes are the cure for exercise. During the research project, all 20 assistants gained 30-50 lbs (American pounds). Since the project's end, all 20 assistants have ceased to continue any exercise routines at all.

"It was a huge success for our team to finally stop exercising," said Dr. Blum. "Too bad we now have joint pain, high blood pressure, and high cholesterol, but the effort was worth it!" she exclaimed.

## 9 Questions for Mark Andersen-Nissen



**1. Where are you originally from - Where did you grow up, brothers, sisters, married, pets?**

I was born in Vermont, but when I was very young, my family moved to Paris, France where we would stay for 6 years. There, I learned to speak and write in French and found my love for travel. We returned to Vermont where I completed grade school and high school. I have an older sister who completed her IB while we were in Paris. She went on to complete her Ph.D. and now blends her passion for the sciences and travel by living in Cape Town with her

husband and two children where she currently heads an HIV research laboratory. I currently live in Denver with my girlfriend who is a 3rd-year medical student, and our ever-energetic golden-doodle, Gilbert.

[Click here](#) to learn more about Mark.

## PTIS Wins Oscar Nomination



Physical Therapy & Injury Specialists was nominated for the 2018 Oscar's for the Best Physical Therapy Practice in a dramatic role. PTIS becomes the first private Physical Therapy practice in the nation to win this prestigious award.

This ballot-based award gives a voice to the readers of the Physical Therapy and Oscar Journal to vote for their favorite physical therapy practice. The selection process is divided into three rounds of nomination and voting with 167 categories. The voters were randomly chosen from a select list of PTIS friends, family, patients and employees.

PTIS was invited to attend the awards Gala in early March where they were carefully selected as the Top Choice for the category Physical Therapy with lots of office drama.

"This is truly a special recognition for our entire drama filled office, said PTIS's co-owner, Gail Molloy. "Our team is grateful for the opportunity to help every person improve their health, and work with so many talented healthcare professionals within our clinic, while ensuring to create drama along the way."

Governor Hickenlooper opened with a few words, "Health is the most important thing we can achieve and maintain in our lifetime. Those folks at PTIS are the cat's meow."

PTIS co-owners, Beverly Parrott, Gail Molloy, and Robert Letendre attended the red carpet event at the Brown Palace Hotel. They were honored that patients, family, friends, and employees had voted for their practice to win this popular award. PTIS now celebrates 3 offices in the Englewood area.

## UPDATE: HELP US HELP THE TROOPS



As you know, Renee Gonzalez is currently in Kuwait on military duty. For the month of March, PTIS is going to collect items to send to Renee and her company. We got off to a slow start on this so we are extending contributions until mid-April. [Click here](#) to see what the troops want (and don't want).

## QUOTE OF THE MONTH

***SORRY THAT NO ONE THOUGHT YOU***

# WERE MAKING AN APRIL FOOL'S JOKE BECAUSE NO ONE THINKS YOU HAVE A SENSE OF HUMOR :)

UNKNOWN

## CLINIC NEWS



### Staff Birthdays This Month

Robert Letendre - April 5  
Debra Baker - April 27

## PHIT IN THE KITCHEN - STRAWBERRY FOOL



Don't fool around, [try me.](#)

## PHITNESS CALENDAR

### TAI CHI CLASS

*Currently on hold. More information to come in May.*

### INDIVIDUAL TRX INSTRUCTION

If you would feel more comfortable with a one-on-one session, just let us know.  
We can do that!

### FMS EVALUATIONS

The FMS (Functional Movement Screen) looks at fundamental movements, motor control within movements, and a competence of basic movement patterns. Its job is to determine movement deficiency and uncover asymmetry.

### GOLF READINESS

With a thorough evaluation of your strength, range of motion, and posture, we can tailor an individual exercise routine specific to your needs by identifying areas that may lead to injury, and strengthening areas that will add power to your game.

## MESSAGE FROM GAIL, BEV AND BOB

We appreciate your support and business throughout the last 20+ years. We hope to keep helping you stay active for all your **WORK. SPORT. PLAY.** for another 20+ years.

Sincerely,

Gail Molloy, Beverly Parrott & Robert Letendre

and all the staff at Physical Therapy & Injury Specialists

JOIN OUR MAILING LIST



FORWARD TO A FRIEND

Physical Therapy & Injury Specialists

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