



The Connection

February 2020



Welcome to our third issue of The Connection! I hope you are enjoying the start of an epic new year.

I wanted to take a moment to personally thank everyone who took the time to vote for Thrive as the Middletown Chamber of Commerce Business

of the Year or the "Best of" Update Physical Therapist for Delaware Today. We don't have the results yet, but being a small, family-owned practice, we can't adequately express our gratitude for your support. We put every cent into offering the best tools, technology and staff to our Thrive family and so don't have the corporate marketing department like our competitors. Your votes, personal referrals, google reviews and shout-outs on social media help more members of our community learn about us. We know that everyone is very busy and can't thank you enough for valuing our family and expressing it to others.

In other news, this past month has been quite a hectic one, and I lost my voice for part of it! Looking forward to getting back to my best and not scaring patients away with my raspy robot vocals. :-) I hope you enjoy this issue and as always, I am available for any feedback you'd be willing to share!

Let's make 2020 the best year yet,
Kevin Patrick Calvey PT, DPT
Thrive Physical Therapy Owner

Hours of Operation

Monday - Thursday 7AM - 8PM

Friday 7AM - 6PM

Saturday - By Appointment

Our Team

Lucero Avalos - Technician

Kevin Calvey - Physical Therapist

Tyler Feret - Physical Therapist Assistant

Chrissy Lee - Patient Care Specialist

Julie Marrs - Physical Therapist

Jess Santiago - Physical Therapist Assistant

Our Values

At Thrive Physical Therapy, our goal is to demonstrate an unselfish commitment to our patients' individual needs by committing to four core values that define us as a company:

PATIENT COMMITMENT

A dedication to always focus on our patient first

WINNING ATTITUDE

Being relentless and passionate in our pursuit of health care excellence

CARING CULTURE

A team environment, trust and accountability that creates a connection to something special

INNOVATIVE SPIRIT

Having the courage to explore the possibilities of a new and better path

Phone: 302 - 834 - 8400

Social Media: @thrivemiddletown

Visit us today at **www.thrivemiddletown.com**

Hedgelawn Plaza • 834 Kohl Ave. Middletown

Spotlight on... Cryotherapy



What is cryotherapy?

The whole-body cryosauna uses a gaseous form of nitrogen to lower skin surface temperature by 30-50 degrees during a 2 - 3 minute session.

How does it work?

Exposure to extremely cold temperatures stimulates thermoreceptors in the skin, activating a central nervous system (CNS) response. This results in your brain and CNS drawing blood from the periphery to the body's core, circulating the blood through its vital organs. While circulating through the vital organs in the body's core, the blood is enriched with red blood cells, oxygen and other essential nutrients and enzymes, while toxins and metabolic waste are broken down and removed. Once the cryotherapy session is complete, the enriched blood flows back to the body's periphery where it promotes reduced inflammation, healing and recovery and boosts energy levels, mood and metabolic rates.

How long does is a session?

The entire process from start to finish takes 10-15 minutes.

What are its benefits?

Cryotherapy is a safe, alternative treatment and preventative for many ailments. Whether it be for chronic pain management, athletic performance, arthritis, acute injury or overall wellness, our clients tell us that whole body cryotherapy improves their quality of life and has eliminated the need for medications.

- Decreased inflammation
- Accelerated muscle recovery time
- Increased endorphin and energy levels
- Strengthened immune system
- Faster injury recovery
- Enhanced collagen production
- Reduced pain

How much does it cost?

For a limited time, we are offering a **\$35** Recovery Package Session which includes a whole body cryotherapy session AND 10 minutes of infrared therapy following. We know this treatment works, and so we are charging the lowest cost in the tri-state area so our Thrive family can benefit from it.

PATIENT PROPS

Each month we choose a patient to highlight, a member of the Thrive family that has worked hard or inspired us in some way. If you'd like to be considered for a future issue, let us know!



Jim Moran

Jim has had a long history of right sided low back and hip area pain, which did not improve after trying chiropractic off and on for a couple of years. He was having a lot of pain when sitting or getting up from sitting, and when twisting his trunk or right hip. He has

always been active and a daily “exerciser”, so the pain was cramping his style!

Jim knows several of our staff from previous PT he has had for another issue, and decided to give Thrive PT a try for his back. After 3-4 weeks of treatment, he is back to doing all of his normal activities, with little or no pain, and has learned exercises to do to control his pain if it occurs in the future.

Kudos to Jim for being faithful in doing his home program, it has really paid off!! He is now back to his daily exercise routine, including Tai Chi! Way to go to our patient of the month!



Thrive Family Fun Stuff we want to share with you

This November, Lucy and Jess decided to check skydiving off their bucket list. Jess experienced the beautiful scenery of Central Florida, while Lucy took her adventure to Dallas, Texas. Lucy describes her experience as a very fun, adrenaline rushing adventure. Her favorite part was jumping off the plane at 14,000 feet. Jess describes hers as exhilarating, scary, and breathtaking (literally).



“There’s no feeling like falling through the clouds.” It is much colder than you would think. They would definitely recommend everyone give it a try!

Our Favorite Things to Eat

This month's featured recipe: Easy Cheesy Crustless Quiche Muffins



Preheat oven to 350°F. Use cooking spray or oil to lightly grease non-stick muffin pans (to make 12 muffins)
Heat oil and large skillet and saute onions for 5 mins, til soft.
Add Bell peppers and tomato, and saute another 3-4 minutes.
Add spinach and cook until wilted, about 1-2 minutes more. Set aside
In large bowl, whisk the eggs, milk, flour and cheese, s&p until well mixed.
Portion out the veggie mixture into each of the muffin cups. Then, pour egg mixture into each cup using a 1/3c measuring cup, being sure to get cheese evenly in each one.
Bake for 25-30 minutes until firm.

Julie's tip: You can use any veggies you'd like! It's up to you. :-)

Ingredients

1 T cooking oil
1 c diced onion
1/2 med bell pepper, diced
1 med tomato, diced
2 c. fresh baby spinach

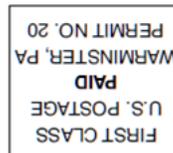
9-10 lg eggs, beaten
1/3 c milk
1/3 c flour
1/2 t salt
1/8 t pepper
3 oz (about 1 c) shredded Cheddar cheese

Ever rolled over in bed and the room started spinning uncontrollably? Or bent over and felt really dizzy when coming back up? You may be suffering from vertigo, caused by an inner ear disorder. Did you know that we can usually correct this in 1-2 visits? And, we can help other vestibular disorders as well! You may also be noticing that your balance isn't quite as good as it could be. PT is important in treating this to improve safety with every day activities and preventing falls.

Dizziness and Balance: PT interventions that work! By Julie Marrs, PT

Thrive's third FREE seminar for the community will be held on February 18th at 6:30pm.

SAVE THE DATE!



Physical Therapy

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834 Kohl Ave.

Middletown, DE 19709