



The Connection

March 2020



Welcome to our fourth issue of The Connection! I hope 2020 is going great for all of our current and former patients and athletes.

I wanted to touch on Direct Access in this issue, as I've realized that most people don't know what it is or how

it impacts them. Direct Access is a Delaware law that allows non-Medicare patients to go to a physical therapist directly, with no prescription or referral from a primary care physician. Direct Access exists to eliminate barriers for people who may need care urgently, and provides physical therapy visits for 30 days before a script from an MD or DO is required to continue care.

Depending on the condition or injury, we can often correct an issue completely without the need for costly imaging or further orthopedic services. However, we always have our patients' and athletes' well-being at the forefront of what we do, and if we believe a visit to a specialist or a script for imaging services would be helpful, we will assist you in setting those appointments in a timely manner and continue to follow you throughout the course of care.

If you have any questions on Direct Access, please don't hesitate to ask in person or email kevin@thrivemiddletown.com anytime.

Thank you for being a part of our Thrive family,
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... Car.O.l



SHORT. SMART. SCIENTIFIC

What is Car.O.l?

CAR.O.L is an exercise bike, but not just ANY exercise bike. Cardiovascular Optimization Logic, known as CAR.O.L, means that each ride is bespoke and totally responsive to you.

Each session lasts for about 9 minutes with two 20 second sprints and three slow periods of three minutes each. Scientists found that the 2 minute warm-up, intermediate easy pedaling and cool-down periods are crucial to fitness results.

How does it work?

Less Insulin = Fat. Our bodies have not evolved as rapidly as our lifestyles. When you use CAR.O.L's glycogen depletion workouts, your thigh muscles rapidly lose their fuel and begin to panic because without the energy to run away – fast – from danger, your species may not survive.

To avoid that outcome, sugar shifts from elsewhere in your body back into your thighs to be stored as glycogen and reused. Insulin is needed to drive this sugar into muscle, and your muscles need to be sensitized to insulin to speed up this process.

After just four to eight weeks of workouts with CAR.O.L three times a week, your body's insulin sensitivity will increase by 28% or more.

When you have less insulin floating about, your muscles will absorb and store sugar like a hungry wolf and begin using fat for energy.

CAR.O.L's personalized HIIT bike workouts allow you to deplete glycogen and lose fat in the shortest time possible. It is a quick and easy way to boost your metabolism and burn fat in the most efficient way. You don't break a sweat, but this can take the place of a full work-out!

What's the cost?

We have many options to choose from to best meet your needs:

Unlimited sessions, annual subscription: \$500

Unlimited sessions, 6 month subscription: \$350

Unlimited sessions, monthly subscription: \$100

24 session package: \$150

12 session package: \$85

Pay per session: \$10 each



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 Dudley

After serious complications following heart surgery in 2017, Jim was hospitalized for months and bed ridden for even longer. He became wheelchair dependent, and didn't walk at all for several months.

When Jim started PT, he could barely stand and could not walk even with a walker. One of his goals was to be able to walk down the aisle at church, rather than in his electric wheelchair. He accomplished that goal about a month ago. His other main goal was to walk out of PT using a cane. After months and months of hard work, he walked out the front door of Thrive using a cane on Feb 6, 2020.

We are all so inspired by Jim! He is a treasured life-long member of the Thrive family, and still achieving new milestones! Thank you for your trust and commitment, Jim. We couldn't be more proud to be a part of your journey.

Thrive Family Fun Stuff we want to share with you

Puppy Love.

Tyler and his fiancé, Katie, added their first member to their new family. Meet Marley Bean Feret, a German Shorthaired Pointer! She is full of energy and snuggles and loves to meet new friends and visit her Thrive Family!



Our Favorite Things to Eat

This month's featured recipe: Easy French Toast Bake



Spray a 9x13 pan with cooking spray and preheat your oven to 350 degrees. In a large bowl, add the eggs, milk, heavy cream, sugar, 1/2 cup brown sugar, vanilla, cinnamon and nutmeg. Chop the bread into 3/4 - 1 inch cubes and put it in the bowl with the egg mixture and toss well until all the liquid is absorbed. In a small bowl or a food processor add the flour, remaining brown sugar, cinnamon, and salt and mix. Cut in the butter with a fork or pulse in the food processor for 5-10 seconds or until the butter and brown sugar mixture is crumbly. Pour the bread and egg mixture into the pan, cover evenly with the brown sugar-butter topping and bake for 45-50 minutes or until the top is crispy and the center is no longer wet

Jess's tip: I prep the bake the night before and refrigerate overnight.

Ingredients

1 loaf French bread I also routinely use a loaf of Texas Toast
8 eggs
2 cups milk
1/2 cup heavy cream half and half would work too
1/4 cup sugar
1/2 cup brown sugar

1 tablespoon vanilla extract
2 teaspoons cinnamon
1/4 teaspoon nutmeg
1/2 cup flour
1/2 cup brown sugar
1 teaspoon cinnamon
1/4 teaspoon salt
1/2 cup unsalted butter cold, cut into small squares

Thrive's third free seminar for the community was held Feb. 18th: **Dizziness and Balance: PT interventions that work! By Julie Marrs, PT** But don't worry! The video is on our website as well as our facebook page and you can catch up at your convenience. 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.

DID YOU MISS IT?



THRIVE
Physical Therapy

The Connection

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