



This issue of The Connection is a special one, as we celebrate our **5 year anniversary**, which finds us expanding the clinic in both size and services.

Construction will begin early this summer as we take over the space next door, which will

add 3,300 sq. ft. to Thrive, bringing us to a total of over 8,000 sq. ft- the largest facility in the state!

With this additional space, we are excited to give our clients services that will enrich your lives outside of physical therapy- starting out with nutritional counseling with a registered dietician, weekend yoga sessions and assisted stretching.

Soon, you'll notice a new sign over our acquired space- *Thrive Integrated Health* - to represent that we are not "just" a physical therapy clinic, but instead a true haven for your overall health. At Thrive you can count on rehabbing from a surgery or injury faster than anywhere else, with access to top notch tools and team members. And moving forward, you can also count on access to programs that will ensure you thrive after healing with us, by getting fit and staying nimble, preventing future conditions!

You, our valued Thrive family, are at the forefront of all we do, and we always have your best interests at heart. Thank you for trusting us with your care! Cheers to Thrive at Five.

Kevin Patrick Calvey PT, DPT
Thrive Physical Therapy Owner

Our Team

Sydney Aguilar - Technician
Nicole Blank - Billing
Dani Boedeker - Physical Therapist
Brian Brown - Physical Therapist Assistant
Kevin Calvey - Physical Therapist
Andrew Cho - Physical Therapist Assistant
Eva Correa- Technician
Dawson Craven - Technician
Liv DiMichele - Front Desk
Tina Dix - Physical Therapist
Maria Kourkoutas - Stretch Coach
Lisa Gutowski - Physical Therapist
Chrissy Lee - Office Manager
Cameron Dixon - Physical Therapist
Maribel Price - Physical Therapist Assistant
Jess Santiago - Clinic Director and PTA
Eric Schulte - Scribe and Billing

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

Spotlight on...

EPAT (Radial Pulse Therapy)



Thrive is the only PT clinic in our area to offer Radial Pulse Therapy or EPAT for many acute and chronic conditions. Both Class IV Laser & EPAT provide effective and long-lasting results for our patients and athletes! EPAT is scientifically proven to be beneficial for plantar fasciitis, jumper's knee, tennis elbow, achilles tendonitis, heel spurs, and frozen shoulder.

EPAT uses acoustic pressure waves to safely increase metabolism and blood flow, stimulating or enhancing healing of the injury. The microtrauma induced, triggers a cascade of inflammatory factors such as cytokines and chemokines that help regenerate the damaged tissue.

Each client's frequency and duration varies based on the nature of the injury. However, most patients see results within 4-6 visits. Also, maintenance treatments can be beneficial for certain conditions.

In addition to providing pain relief or pain reduction, EPAT does the following:

- Accelerates the healing process
- Improves blood flow and circulation
- Restores mobility
- Stimulates the metabolism
- Treats the source of the pain or injury

If you are not a current Thrive patient, a one-time evaluation is required before beginning EPAT treatment. This evaluation will include a laser treatment and costs \$100. After this first session, the standard rates and packages apply.

MEET OUR NEWEST CLINICIAN!



Tina Dix PT, DPT, CMPT

Tina earned her Doctorate of Physical Therapy Degree at Widener University and has been licensed in Delaware for over 7 years working in the outpatient setting. Tina gained valuable experience in treating post-operative, neurological, worker's compensation, automotive, and sports related injuries.

Tina continued her education and received her level 3 certification in trigger point dry needling. She prides herself on her ability to treat patients with chronic pain to improve their lifestyle and well-being.

When Tina is not working, she enjoys her time at home with her husband, son, and dog, working out at CrossFit, and cheering on all Philly sports. Welcome, Tina!

THRIVE FAMILY FUN NEWS

CONGRATULATIONS to clinicians Dani and Andrew who are preparing to welcome the latest set of Thrive babies into the world! Dani and her husband Ryan are expecting their first baby boy this July. Andrew, his wife Nicole and 2 year-old soon-to-be big brother Lucas are excited to add to their family at the end of May.

Best wishes to our growing Thrive Family!



Helpful Reminders

1.) All non-Medicare clients have Direct Access to PT, which means Thrive can see you for a consultation and evaluation of your limitations and pains WITHOUT a prescription!

2.) If you are a Medicare client, we will send our assessment to your physician to sign off on in order for us to start the treatment you need to feel and move better. For all other insurance, we will get started on day 1 working towards reaching your goals!

3.) Thrive offers several FSA/HSA eligible cash-based services outside of traditional insurance coverage. Assisted stretch sessions, near infrared light therapy, EPAT and Laser therapy are all value-added, fee-based options currently available at Thrive. You can purchase these sessions over the phone or in-person, using your FSA or HSA debit card, cash/credit or you may also purchase gift certificates as well.



- To book a stretch session with our Certified Stretch Coach, Maria, email: stretch@thrivemiddletown.com
- If you have a question about your coinsurance or plan copays, email: thrivemiddletown@gmail.com
- If you would like to schedule an appointment, please call 302-834-8400

Phone: 302 - 834 - 8400

Social Media: [@thrivemiddletown](https://www.instagram.com/thrivemiddletown)

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

Hedgelawn Plaza • 834 Kohl Ave. Middletown