

***This issue contains:***

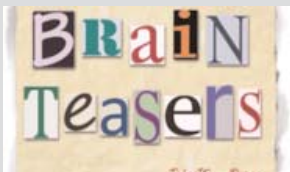
- Welcome Fall
- We Offer Direct Access
- We are now on Instagram
- Penn Township Police Stuff-A-Truck
- Readers' Choice 2019 Voting
- Brain Teaser Contest
- Referral Winner

**Don't forget to visit our website at: [www.ptpti.com](http://www.ptpti.com). If you have any comments or suggestions, please feel free to call us at 724-744-7200.**

**REFERRAL APPRECIATION**

**Penn-Trafford Physical Therapy Inc.**, would like to thank those patients who recommended us to their family and friends. Their names will be entered into a drawing for a gift card. So if you recommend us to others, you too can have your name entered into a drawing for a gift card.

**Mark Cwynar** will receive a gift card for being selected from our last referral appreciation drawing. Thank you!



*This issue's brainteaser is challenging, make sure you really think this one through...*

**SHgetAPE**

The first 25 callers who solve and call with the answer will have their names entered into a drawing for a gift card. **Call 724-744-7200 with your answer.**

We had 31 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Dottie Siekkinen**.

Congratulations Dottie and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:

**Working 9 to 5**



**PENN - TRAFFORD  
PHYSICAL THERAPY, INC.**

Volume Number 51 • Issue Number 51 • Fall 2018

**Welcome to our 51<sup>st</sup> Penn-Trafford Physical Therapy Inc. Newsletter**



Fall is upon us, the air is getting colder, Penguins season is just beginning and the Steelers are back to their winning (nail biting) ways ... who wouldn't love fall? Fall is a super season for shaping up, and a great time to think about your health. Penn-Trafford Physical Therapy is here for you if you need a little

“tune-up” or have any aches or pains that need some attention. We are here to help. Give us a call at 724-744-7200 to schedule your appointment today.

**DON'T FORGET** that Penn-Trafford Physical Therapy offers Direct Access. We can evaluate and treat patients without a referral. Direct Access to physical therapy is your opportunity to be evaluated and treated by a licensed physical therapist for up to 30 days without first seeing your physician for a prescription. After 30 days the patient must obtain a referral from a physician if it's necessary to continue therapy.



For over 15 years, Trib.Total Media has asked the public to vote for their favorite local restaurants, car dealers, stores, salons, and other professional services including physical therapy. The winners of that much anticipated vote are showcased at [ReadersChoice.triblive.com](http://ReadersChoice.triblive.com). For the past 2 years,

Penn-Trafford Physical Therapy has won the BRONZE award! Please help us continue that award-winning streak as we strive for Gold by visiting <https://readerschoice.triblive.com/vote/> and vote for Penn-Trafford Physical Therapy under the Physical Therapy category!! When you vote you will be entered for a chance to win a \$50 gift card from the Tribune Review.



We are excited to announce our participation in the **STUFF-A-TRUCK** program for the Penn Township Police Department. Bring a new, unwrapped toy to our office and place in the wrapped holiday box in our waiting room. All donations will be given to the Penn Trafford High School CAPP program and toys will be distributed to families in the Penn Township area for the holidays.



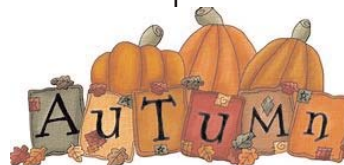
Penn-Trafford Physical Therapy has been busy, busy, busy trying to get up to date with social media. We are excited to let you know that we have an Instagram account. Please look for us on Instagram under the name: `penn_trafford_physical_therapy` and FOLLOW US!!!



Please “LIKE” Penn-Trafford Physical Therapy on Facebook and see what helpful information we have to offer.



We offer Bio-Freeze at Penn-Trafford Physical Therapy. We have 3 oz. roll-ons and 4 oz. tubes. Please be sure to stop in and see us if you need some.



**Hope you enjoyed the newsletter. If you have any suggestions for future topics, call us at 724-744-7200.**