

WHY PHYSICAL THERAPY FOR SHOULDER PROBLEMS

The rotator cuff consists of four shoulder muscles. When weak, the ball of the shoulder joint rides higher than it should, and allows tendons and bursas (lubricating tissues) to become pinched. This causes shoulder tendonitis and bursitis. Strong rotator cuff muscles pull the ball of the shoulder down and allow those tissues to heal. A strong rotator cuff is the key to long term shoulder health. Physical therapists specialize in strengthening these key muscles.



WHY PHYSICAL THERAPY FOR ELBOW PROBLEMS

The elbow muscles are prone to wear and tear due to their frequent use and abuse from normal daily activities, work demands, and sports such as tennis or golf. Keeping them strong is probably the best way to keep the tendons healthy, as they are able to “cope with the demand” rather than stop working and become diseased. Physical therapists specialize in strengthening these key muscles.

WHY PHYSICAL THERAPY FOR HIP PROBLEMS

The hip joint is prone to wear and tear injuries because it never gets a rest from weight bearing normal daily activities. Hip bursitis is very common when the muscles of the hip aren't strong enough to cope with those daily demands. Keeping strong and flexible hip muscles prevents bursitis and common tendonitis issues. Physical therapists specialize in strengthening these key muscles.



WHY PHYSICAL THERAPY FOR BACK PROBLEMS

Our spinal joints never get a rest from work demands and normal daily activities. They are prone to degenerative changes that once started, cannot be reversed. Keeping strong core muscles strong, keeping body weight reasonable, and using proper lifting technique is probably the best way to limit the wear and tear issues that our spine is so susceptible to. Physical therapists specialize in strengthening those muscles, educating about weight management strategies, and training in proper lifting techniques to keep the spine as healthy as possible.



WHY PHYSICAL THERAPY FOR NECK PROBLEMS

Neck joints are used constantly and are prone to degenerative changes. Over time these changes cause limited mobility and the muscles are forced to work harder to move the neck. Eventually the muscles become “hypertoned” and knot up, causing painful upper backs and shoulders. Physical therapists are trained to keep the neck mobile giving the muscles a rest and allowing them to loosen, lessening upper back and shoulder pain.



Steve Pfisterer, MPT

Steve graduated from Gannon University with a Master of Physical Therapy in 1997. He resides in New Oxford with his wife and three daughters. He has been with Hanover Family Practice for over 20 years. Steve has many years of experience working with neurological and musculoskeletal disorders.



Hanover Family Practice Associates

Physical Therapy

Danielle LeFevre, PTA

Danielle has been a PTA for 12 years. She earned her Associates Degree from Carroll Community College in Westminster, MD. She has experience in both outpatient and inpatient settings. She works closely with Steve to develop treatment plans for the best possible outcome for their patients. Dani is also a certified bone densitometry technologist. She performs bone density scans here in the office on Fredrick Street.



Visit us online at:

www.hanoverfamilypractice.com

Monday, Tuesday, Thursday:
7a.m.-12p.m. & 1p.m.-5p.m.

Wednesday
7a.m.-12p.m. & 1p.m.-3:30p.m.

Friday:
7a.m.-12p.m.

Cindy Lawrence, Medical Assistant/Secretary

Cindy is a graduate of Central Penn College with an Associate Degree in Specialized Business. She has been a medical assistant/secretary for over 40 years and with Hanover Family Practice for 13 years. She contacts insurance companies for patient benefits and authorizations prior to and during patient visits.



**100 Frederick Street, Suite 201
Hanover, PA 17331
717.633.5075 (Phone)
717.633.5675 (Fax)**