



With top quality care, a patient focused environment and with the goal of getting all patients to succeed and reach their potential, the mission statement of helping move our patients forward and the name “Forward Motion Physical Therapy” was decided upon.

Thanks to the support of their families and of course their patients and doctors who believed and trusted in their care, they are proud to have established a physical therapy clinic that has proudly supported the community for the past 6 years.

They thank you and look forward to continuing to serve you and your family for any of your rehabilitation needs to allow for optimal health and function.

*Welcome to the Forward Motion family!*

- Hanna and Danny

## TIME FOR SUMMER VACATION!

It's the vacation season! Whether you travel by air, sea or land this year we at Forward Motion Physical Therapy, hope you have an enjoyable time.

Do you like to go the beach? Do you enjoying relaxing poolside with a novel in hand? Do you enjoy visiting far off places that you never dreamed of visiting? There one way in which you can experience all of this and more. How you ask? Just do it!

Danny and I, along with our families, visited the island of Turks and Caicos this year. We opted not to experience the resort, but rather, we simply rented a house on the beautiful beach. We wanted to keep it simple and not over indulge in anything except spending quality time with our families.

While we were there for the week, we did a handful of activities such as kayaking, fishing and ocean watching. The most important activity we took part in is spending good, old fashion quality time together, where we had the opportunity to discover our families and explore their lives.

We all went on a fishing and snorkeling boat trip. We saw beautiful coral and many different types of fish, “including Nemo and Dori”, and then got back in the boat and fished the same fish for lunch. Luckily we did not catch Nemo or Dori. The smiles and excitement from Danny's 4 year old, and Hanna's 7 year old as they reeled in their 1st fish was priceless. Sadly, Annika age 11, was the only one who didn't catch a fish. However, Annika was able to boast that she had seen a stingray while snorkeling with her mom!

Are you finding you're having difficulties with walking on the boardwalk? Or getting down in the sand to build sand castles with your kids or grandchildren? Then please make an appointment to come see us here at Forward Motion Physical Therapy. We will make every effort to get you stronger, more mobile and stable enough to walk the boards with confidence. Oh, and about those sandcastles...You'll be building a whole neighborhood of them after you come visit us!



## Patient Referrals

February 2016 - June 2016

- |                   |                    |
|-------------------|--------------------|
| Alexandra Osorio  | John Cascone       |
| Amy Maffei        | Judy Trwinski      |
| Ana Messina       | Katia Seda         |
| Ann Klein         | Ken Karol          |
| Aydee Escorcia    | Ken MacArthur      |
| Barbra Castelein  | Laraine Miras      |
| Camille Fasulo    | Manuel Morano      |
| Carlos Sandoval   | Marilyn Towne      |
| Carlotta Blakely  | Martha Monico      |
| Coleen Kopitar    | Mary Lasky         |
| Dina Crupi        | Maxine Greenwald   |
| Dolores Bonkowski | Melissa McSweeny   |
| Evelyn Santiago   | Nicholas Vozzella  |
| Francine Harrison | Peter Pelle        |
| Frank Molinaro    | Pierina Vozzella   |
| George Zanetti    | Raysa Boyer        |
| Glenn Miller      | Rofayda Abdellatif |
| Harry Greenwald   | Ron Laufer         |
| Harry Vanderhey   | Sara Cyk           |
| Jacklyn Trujillo  | Sharon Granell     |
| Jacqueleen Ingram | Sudershan Narang   |
| James McCawley    | Susan McFarlane    |
| Janice Malinak    | Teresa Pelle       |

## JUST IN TIME FOR THE 4<sup>TH</sup> OF JULY!

Hanna Vazquez, co-owner and physical therapist at Forward Motion Physical Therapy, moved here from Shoreham-by-the-Sea, England, in 1997, on a two year work contract. She obtained her green card, met her husband John, and for last nineteen years she has built a family of three children, helped to build and establish Forward Motion Physical Therapy with business partner, Daniel Prata and has lived the American Dream. She has always felt like the “odd one out” at Thanksgiving and the Fourth of July, (holidays not recognized in England), as she proudly defended her British ways. She was outnumbered by her American family members and friends. Hanna was also tired of being finger printed and nervous every time she left or re-entered the United States after visiting her family abroad.



That all changed when Hanna decided to become a U.S. citizen. She filled out the necessary paperwork and this was successfully approved. Hanna was Naturalized and became a U.S. citizen on May 14th, 2016, Just in time for the 4th July.

Even though Hanna is now an American and has lived in the United States for almost half of her life, she will still be enjoying English tea, eating cheese and pickle sandwiches and bangers and mash to keep her British spirit alive!

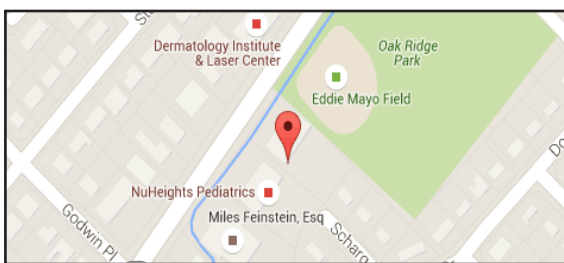
As our  
**Thank You**  
to our patient referrals, you all receive a \$10 gift card!



Let us help you move forward.

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(973) 400-3730

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**We Specialize In:** Orthopedic and Sports Injury Rehabilitation | Joint Replacements- for all joints  
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Lumbar Spine | Foot Injuries | Hand/Wrist Injuries/Elbow  
Temporomandibular joint disorders | Evaluate and Treat Athletic Injuries  
Strength and Condition evaluation for Athletes to Improve Performance

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### NECK PAIN???

**Q:** "I woke up with a "KINK" in my neck 3 days ago and it hasn't gone away. Can **PHYSICAL THERAPY** help me?"

**A:** This is a common question... and one we hear from a lot of people.

Before we answer this for you... we want to walk you through a Simple Test... we will call it the "Neck Pain Audit." And it will give us the answer if PT can help you or not...

**Part 1:** The " Changing Lanes and Backing Your Car Up" Test

**Part 2:** The "YES" Head Nod Test

**Part 3:** The "Holding the Phone" Between Your Shoulder and Ear Test

Call (973) 400-3730 today to schedule.



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## Inside This Issue

How We Got Started

**NECK PAIN???**

Time for Summer!  
News:  
Patient Referrals  
Just in Time for the  
4<sup>th</sup> of July!

## Our Goal

is to serve you with such a great experience that you:

1. Thank the person who sent you here  
*AND*
2. Refer people you care about to us.

Forward Motion PT Patients  
**Enter to WIN!**

# Forward Motion PT PRESS

## HOW WE GOT STARTED IN AUGUST OF 2009!

Forward Motion Physical Therapy was founded back in 2009 by Hanna Vazquez and Daniel Prata. Owning their own practice was something they had both dreamed about for many years. This seed had been sown back in PT school when their passion for learning and wanting to become expert physical therapists had started to grow.



After Hanna graduated in 1995 from the University of East London, a PT school in England, she moved to the USA and worked in home care for 2 years, out-patient orthopedics in the hospital setting for 2 years, and then has remained in private outpatient orthopedic practice. Over the next 12 years her drive to have her own clinic continued to get stronger.

Danny graduated from Seton Hall University in 2006, and went to work in private practice for the next 3 years, where he was able to continue to refine his manual therapy skills, and develop a deeper understanding of how to own and manage a physical therapy clinic.

Fate would have it that Hanna and Danny ended up at the same out-patient orthopedic clinic. They soon

became frustrated at the way the patient care was being delivered, as it was becoming more about the patient turn over and less about the quality of care and getting the patients better. The owner was spending less time caring about the practice and Danny was working full-time and was pretty much running the place. Hanna who was going to be returning part time after maternity leave was looking to go to another clinic. One Thursday night in April when Hanna and Danny were sitting having a few beers after work, bitching and moaning about the situation, they realized then that together as a team and partnership they could finally put their ideas together to create Forward Motion Physical Therapy.

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Find the misspelled word in this newsletter and call (973) 400-3730 for your chance to win a **\$10 Gift Card!**  
**CALL (973) 400-3730**

Contest for Past and Present Forward Motion PT Patients only.