

Therapy center up and running

New Paoli facility offers a variety
of services to athletes, patients

By Pete Kelso

Sports editor

PAOLI — After coming out of surgery over a month ago to repair a herniated disc in his lower back, Ken Kendra was still experiencing a lot of pain. Bedridden for a week on drugs and propped up in a stiff wooden chair for another, Kendra didn't think his back would ever feel normal again.

That is until he was referred to Paoli physical therapist Christine Hayes.

Since then, Kendra has been running, biking and lifting weights. The turnaround has been nothing short of spectacular.

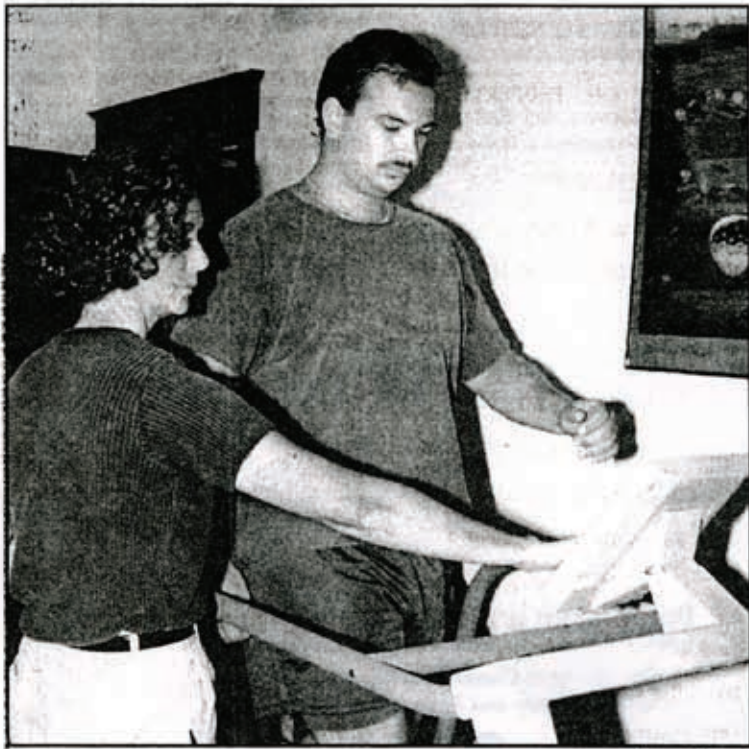
This story is nothing new for

Hayes, a Thomas Jefferson University graduate who recently opened up a very unique facility in Paoli. Specializing in orthopedics and oncology, Hayes has married the two together, serving not only patients such as Kendra but cancer patients as well. The program so far has been a smashing success, giving cancer patients the chance to emotionally and physically heal both mind and body.

Her idea for cancer therapy sprung from a visit to the Wellness Community of Philadelphia, a leading support and educational foundation for oncology patients and their families. While

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Sports therapy at center in Paoli



Ayres Unger

Above, physical therapist and personal trainer Christine Hayes puts Phoenixville's Ken Kendra through an exhausting workout at her office in Paoli. Since opening her doors in June, Hayes' business has taken off, offering a variety of unique treatments and services to people on the Main Line.

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although impressed with the organizations' direction, Hayes still felt that there was something missing from the program.

So she set out to incorporate physical therapy and training programs to coincide with what the Wellness Community offered. The two will officially partner in November with a "boost your immune system" workshop at Hayes' Paoli office. That will be the first of several free workshops planned for the fall.

"I think the partnership will work out great," said Hayes recently. "There really isn't a place in the area where people can go to get this kind of treatment. I think it's important to incorporate exercise in the healing process and help combat fatigue that is prevalent in so many of these patients. So far, the results have been great."

A member of the Oncology and Orthopedic Sections of the American Physical Therapy As-

sociation, Hayes' practice also offers therapy to people who have been injured participating in a sport or hurt in an automobile, work or other type of accident. She even has a licensed Swedish massage therapist on board, offers personal training, therapy at home, and has access to a pool at a satellite location for aquatic rehabilitation.

"Christine is exceedingly capable and really puts you at ease when she's working with you," said Carol Girvin, who is being treated by Hayes for a shoulder injury. "The progress she's made with my shoulder has been astounding and every time I visit, I feel very confident in her abilities to help me."

Helping and advising Hayes behind the scenes are many of the leading medical personnel in the area, including Dr. Michael Hoessly, a specialist in oncology, hematology and internal medicine at Paoli Hospital, and many other of Hayes' colleagues in the field of physical therapy.

"Ever since I met Christine, I

was always impressed with her enthusiasm for helping people," said Hoessly. "Since referring patients to see her, I can really see a remarkable improvement in both their physical and mental well-being."

"I think it's important to be affiliated with a network of top doctors so everybody is on the same page and it's also crucial to have a comfortable place to go and get better," said Hayes of her newly renovated stone house that her first-floor office occupies. "My goal is to give the people on the Main Line the best treatment available. I think with all the different programs we offer, along with our partnership with the Wellness Community, we really have a unique opportunity to help a lot of people."

To find out more about Christine Hayes' physical therapy and personal training programs, visit her Paoli office (163 W. Lancaster, #102) Thursday, Sept. 23 from 5 to 8 p.m. for an Open House or call 610-695-9913 for an appointment.