



In this issue we are highlighting Tara Porter, a Physical Therapist, who has over 10 years' experience in the home healthcare arena. Ms. Porter graduated from the prestigious Saint Francis University in Loretto, PA. She received a Bachelor of Science in Health Services and a Master's in Physical Therapy. Her biggest area of professional interest is in the treatment of patients with Parkinson's. She has the ability to treat those patients at several different WESTARM outpatient facilities or through WESTARM Homecare. Tara resides with her husband in Plum and has 3 children who are involved in many sports activities.

**What is your favorite travel destination?**

I like the beach, and Hawaii has been my favorite place to visit!

**What are your favorite things to do outside of work?**

Outside of work, I love watching my kids do their sports and school activities. When not doing that, I enjoy working out at the gym or running!

**What is on your bucket list?**

Half marathon and a RV trip out west - from Grand Canyon to Yellowstone or the California coast- with the kids!

**What is your favorite holiday / time of the year?**

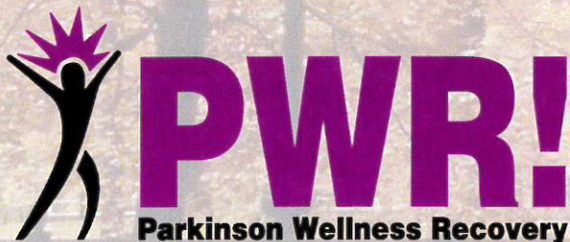
My favorite holiday is Christmas. It is great to get the whole family together! My favorite time of year is definitely summer!

## Employee Spotlight



### Tara Porter, MPT

Tara Porter, PT, has received specialized certification as a PWR (Parkinson Wellness Recovery) therapist.



PWR specifically focuses on "neuroplasticity-principled programming" and is research-based with a focus of restoring function and improvement of quality of life. The essential principles are supported by the new 2016 European Parkinson Guidelines and involve the training of progressive aerobics and PD-specific functional skill training.

### GOALS OF PWR THERAPY

- Treat symptoms of tremors and rigidity
- Treat "freezing episodes" or slow movements
- Improve walking speed
- Improve shuffling gait/ walking pattern
- Reduce risk of falls
- Help correct posture
- Improve balance



WESTARM Homecare Nursing & Therapy can treat your patients through homecare services, transition them to outpatient physical therapy, and then progress them towards a maintenance group class all under the same Physical Therapist's supervision. Call 724.337.0420 for more information.







## WESTARM PHYSICAL THERAPY & HOMECARE'S 2ND ANNUAL CURE FOR PARALYSIS SOFTBALL TOURNAMENT

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