

February 2018

HARRISBURG COMMERCIAL

# real estate REPORT

## Physical Therapy for Treatment of Arthritis

By Amanda Flanagan, DPT, Cardin & Miller Physical Therapy



**A**rthritis encompasses more than 100 diseases and conditions that affect joints, the surrounding tissues, and other connective tissues.<sup>1</sup> It affects nearly one of every six Americans, making it one of the most common diseases and cause of disability in the United States. It has a significant effect on quality of life for the individual who experiences its painful symptoms and resulting disability. As a result, our nation bears enormous costs for treating arthritis, its complications, and for the disability that can result, totaling almost 65 billion dollars.

One of the most commonly known forms of arthritis is osteoarthritis (OA) which is the degeneration of joint cartilage and the underlying bone, especially in the hip and knee joints. One-third of persons 63 to 94 years of age are affected by osteoarthritis of the knee, which often limits the ability to rise from a chair, stand comfortably, walk, and use stairs.<sup>2</sup>

**"One-third of persons 63 to 94 years of age are affected by osteoarthritis of the knee, which often limits the ability to rise from a chair, stand comfortably, walk, and use stairs."<sup>2</sup>**

Arthritis is often inaccurately portrayed as an old person's disease, an inevitable part of aging that must be endured. On the contrary, the pain and disability associated with all types of arthritis can be minimized through early diagnosis and appropriate management, including weight control, physical activity, self-management, physical and occupational therapy, and

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**Bill Gladstone, CCIM, SIOR**  
(717) 761-5070 ext. 120  
wgladstone@naicir.com  
[www.billgladstone.com](http://www.billgladstone.com)  
[www.naicir.com](http://www.naicir.com)



**Bill Gladstone Group of NAI CIR**  
*Turning keys in commercial real estate for 30 years.*



A publication of the Bill Gladstone Group of NAI CIR

## Commercial Listing



### Sale - 5 N. Market Street, Duncannon

- Prime retail/commercial space in the Borough of Duncannon
- Former bank boasts a notable exterior facade and a clean, functional interior with vault
- Call for additional details to view floorplans and schedule a tour

## Industrial Listings



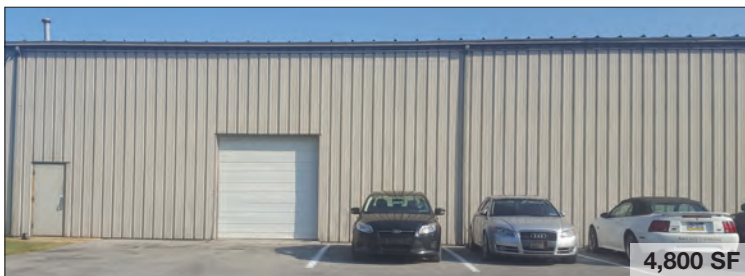
### Lease - 151 Allendale Road, Mechanicsburg

- Functional warehouse space with 1,000 SF being office
- Easily accessible from US Route 15, PA Route 581 and I-81
- Includes six docks: 8' x 8'



### Sale/Lease - 20 Woodcraft Drive, Mount Holly Springs

- Industrial building located just off of Route 34 with easy access to Route 15, I-81 and the PA Turnpike
- The property has varying ceiling heights and offers several drive-in doors and a dock door
- Building sits on 1.28+/- acres and is zoned Industrial



### Lease - 26 Northeast Drive, Hershey

- Large, open flex space conveniently located near many Hershey attractions and major thoroughfares
- Tall ceilings and open floorplan allow for many types of uses
- Over 100 parking spaces total; 35+/- in-common with all tenants in this building

## New Listing



### NEW Commercial Lease - 7040 Jonestown Road, Harrisburg

- Former bank located at a signalized intersection on the corner of Jonestown Road and Allentown Boulevard
- Well-maintained property with a large, open reception area and multiple private offices
- It is hereby disclosed that the owner is a PA Licensed Real Estate Agent affiliated with NAI CIR

## Investment Listings



### Sale - Confidential, Harrisburg

- Well-maintained, 3-story masonry building overlooking the Susquehanna River
- Five (5) year lease renewal starts January 1, 2019
- No deferred maintenance and on-site parking available
- Signed Confidentiality Agreement needed for additional information

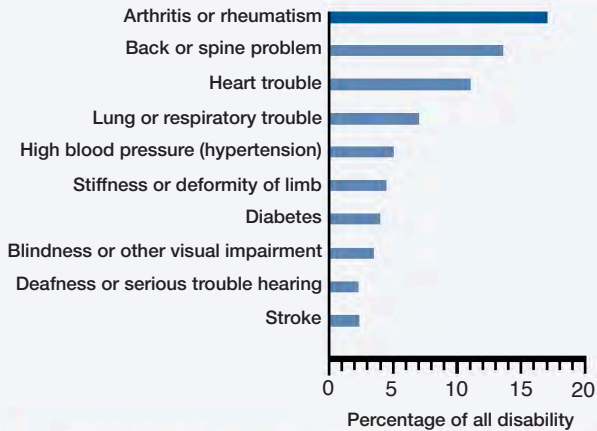


### Sale - 5620-5630 Derry Street, 5650-5670 Lancaster Street, Harrisburg

- Now offering a 10% CAP rate
- Stable income from strong credit tenant and tremendous upside from the vacant 3 acres that can accept additional office/commercial buildings
- High visibility and excellent parking



### Leading Causes of Disability Among Persons Aged 15 Years and Older, United States



Source: CDC. Prevalence of disability and associated health conditions—United States

joint replacement surgery. However, in the year 2000, the Center for Disease Control and Prevention launched a major public health initiative, called the National Arthritis Action Plan, calling for a significant change in the way arthritis is treated. Medical interventions involving expensive medications, joint injections, and surgery are now suggested for use in only 10-30% of cases where OA will progress to severe joint damage<sup>1</sup>. Focus of management is shifting to client education, self-management, attention to pain perception, and exercise.

**"Medical interventions involving expensive medications, joint injections, and surgery are now suggested for use in only 10-30% of cases where OA will progress to severe joint damage<sup>1</sup>."**

While many people with arthritis are concerned that exercising can harm the joints and cause more pain, research shows that low-impact activity is important in managing arthritis symptoms. Exercises should always be completed to tolerance without creating excessive pain. A combination of flexibility exercises, aerobic exercise, and strengthening exercise is important in maximizing the benefits. While walking and other generic exercises are beneficial, the personalized, focused exercise program provided by a physical therapist has been proven to achieve optimal outcomes.

For example, a randomized, controlled clinical trial by Deyle, et al.<sup>2</sup> evaluated the effectiveness of physical therapy for treatment of knee osteoarthritis in a group of 83 patients. The treatment group received manual therapy and therapeutic exercises twice weekly for four weeks. This group showed statistically and clinically significant improvements in walking abilities, function, stiffness, and pain at 4 weeks, 8 weeks, and one year follow ups.

Another recent study by Nejati, et al produced similar results.<sup>3</sup> Patients with knee osteoarthritis who completed knee strengthening exercises only had significant improvement in pain, disability, walking, stair climbing, and sit up speed after treatment at one month, four months, and one year follow ups as compared

(Continued on page 4)

## Office Listings



### Sale - 1 Rutherford Road, Harrisburg

- Corner property at the signalized intersection of Rutherford Road and Locust Lane
- Great visibility and parking
- Single-story, brick office building can easily be utilized by a single user or multiple tenants



### Sale/Lease - 130 State Street, Harrisburg

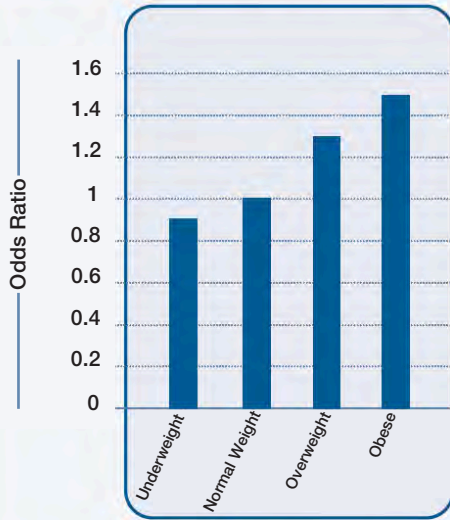
- Office space available along the State Street corridor leading to the steps of the Capitol Complex
- Ideal for lobbyist, attorney or other professional who visit the City frequently and could benefit from having a local office
- Functional, turn-key condition, and offered at a competitive price
- An adjacent parking lot for 6-8 vehicles (double parked) included as part of this sale on a long-term lease (call us for details)



### Lease - 142 Reno Avenue, New Cumberland

- Good space for a light manufacturing or small warehousing operation
- Located in the heart of New Cumberland with good access to I-83, and the PA Turnpike (I-76)
- There is both a shared dock door and a ramped drive-in door available with the space

### Association of Arthritis and Weight Among Women Ages 18 Years and Older



Source: CDC. Factors associated with prevalent self-reported arthritis and other rheumatic conditions—United States

to the control groups who did not do any therapist-directed exercise.

These studies are not unique; the evidence consistently shows that physical therapy intervention and regular home exercise compliance can have long term effects in improving function, walking abilities, and decreasing pain, among others. These functional improvements can delay, or even prevent, the need for more invasive procedures such as injections or surgery.■

#### References:

1. Center for Disease Control. National Arthritis Action Plan: A Public Health Strategy 1999. <https://stacks.cdc.gov/view/cdc/6378>.
2. Deyle G, Henderson N, Matekel R, et al. Effectiveness of manual physical therapy and exercise in osteoarthritis of the knee: a randomized, controlled trial. *Annals of Internal Medicine*. 2000; 132 (3): 173-181.
3. Nejati P, Farzinmehr A, Moradi-Lakeh M. The effect of exercise therapy on knee osteoarthritis: a randomized clinical trial. *Medical Journal of the Islamic Republic of Iran*. 2015; 29: 186.

#### About the Author:



Amanda Flanagan, DPT joined the Cardin & Miller staff in January 2013. Amanda completed her undergraduate studies at the University of Pittsburgh, where she earned her Bachelor of Science degree in 2009 and graduated from Chatham University's Doctor of Physical Therapy program in 2012. While on her clinical rotations, Amanda gained extensive knowledge in the area of pediatric physical therapy.

She has become well versed in treating children with Cerebral Palsy, Torticollis, Autism, and Developmental Delay among others. Although Amanda has a specialty in pediatric physical therapy, she also enjoys treating adult patients with orthopedic and neurologic issues such as Total Knee/Hip Replacements, General Deconditioning, and those with proprioceptive deficiencies. You can reach her at [aflanagan@cardinmillerpt.com](mailto:aflanagan@cardinmillerpt.com).

To see how Cardin and Miller Physical Therapy can help resolve your knee pain, call today for your FREE SCREEN with one of our expert therapists. Mechanicsburg (717) 697-6600 / Harrisburg (717) 695-6436 / Carlisle (717) 245-0400.

## Office Listings



Price Reduced

15,098 SF

### Sale - 1707 S. Cameron Street, Harrisburg

- Office property with adjoining warehouse and two additional storage garages on-site
- The office space and storage garages will be vacated by the current occupant; the main warehouse is leased by a strong credit tenant until September 30, 2020 (right to terminate after 3 years)



1,443 - 20,112 SF

### Lease - 30 N. Third Street, Harrisburg

- 40,587 SF available (1,443 - 20,112 SF contiguous) in Class A office building
- Skywalk to Strawberry Square, Walnut Street garage, Harrisburg Hilton, Whitaker Center, etc.
- This building is Energy Star Certified and utilizes the latest energy management systems for optimal energy efficiency



Price Reduced

3,103 SF

### Lease - 156 Cumberland Parkway, Mechanicsburg

- Locate your business in this first class, high-profile building
- The location offers easy access to Route 15 and the PA Turnpike (I-76), plus great local amenities
- It is hereby disclosed that a partner in the ownership of this property is a licensed real estate salesperson in the Commonwealth of Pennsylvania



# Seeking New Articles



The Bill Gladstone Group of NAI CIR is looking to fill editorial content in our quarterly magazine and monthly newsletter publications for 2018.

## What Are We Looking For?

Industry related articles that our readership of over 4,500 business decision makers and industry leaders would benefit from reading in print and online through social media. Articles are typically 1,200 – 1,500 words and include an author bio, headshot, and mentioning of your company.

**Topics Can Include:** Finance, development, law, architecture, technology, engineering, environmental, wellness, current trends, security, business operations, and much more.

## Need Assistance With A Topic?

We can suggest one that would be a good fit for your expertise.

**Contact:** Leah Wentz (717) 761-5070 ext. 116 or [lwentz@naicir.com](mailto:lwentz@naicir.com).

Please forward this information to any colleagues you feel could be a good fit for our publications as well. We look forward to hearing from you and wish you continued success through the end of this year and in 2018!



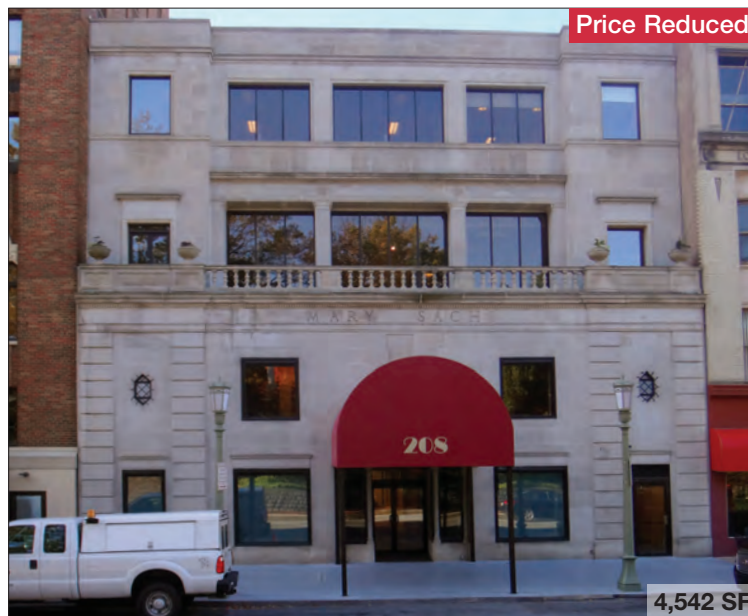
## Connect

With @GladstoneGroup Today!



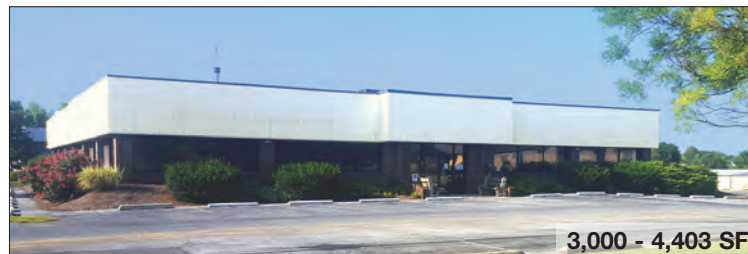
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# Office Listings



## Sublease - 208 N. Third Street, Suite 400, Harrisburg

- New sublease opportunity in completely renovated and updated suite on the 4th floor
- Historic building faces the Capitol Complex with great window lines
- Downtown amenities are just a few steps from the doors and parking is a block in every direction
- **SIX MONTHS FREE RENT (CALL FOR DETAILS)**



## Lease - 24 Northeast Drive, Hershey

- Functional, single-story office building in prominent Hershey location
- Perimeter window line can be expanded to suite tenant's specs
- 35+/- Parking spaces in common with all tenants in building, and over 100 parking spaces available



## Sale/Lease - 2400 Park Drive, Harrisburg

- Office space for sale in prestigious East Shore business location, Commerce Park
- Easy access to all major highways from I-81, convenient to major retail, shopping, and dining
- Property is also available for lease up to 10,668 SF or tenant can masterlease the entire 12,918 SF



## Office Listings



1,478 SF

### Lease - 3029 N. Front Street, Harrisburg

- Second floor office space for lease in this beautiful, three-story office building with lovely character and amazing river views
- The property has been well-maintained over the years and was fully renovated in 2008
- It is obvious that great attention to detail was made to turn this space into efficient professional office space



5,445 SF

### Lease - 400 Bent Creek Boulevard, Suite 150, Mechanicsburg

- Professional office space located within the Pennsylvania School Boards Association building
- The building and suite have been well-maintained and updated since being constructed in 2005
- Over 200 lined parking spaces available in-common



1,880 - 5,113 SF

### Sale - 5006 - 5010 E. Trindle Road, Mechanicsburg

- Six condominium units available for sale (1,880 - 5,113 SF)
- Excellent location in newly developed area in Hampden Township
- Can be sold individually for owner/user or together as an investment
- The properties could also be available for lease



541 - 3,113 SF

### Lease - 415 Market Street, Harrisburg

- Attractive office spaces at the Harrisburg Transportation Center
- In walking distance to all the downtown restaurants, amenities, and Riverfront Park
- Located in Technology Corridor Enterprise Zone



Price Reduced

3,600 SF

### Lease - 4386 Sturbridge Drive, Harrisburg

- Class A office space for medical or professional use
- Space in shell condition, ready to accept a build-out designed to suit tenant
- Located along Route 39 with access to amenities such as lodging, eateries, gas, banking and all major transportation corridors



20,000 SF

### Lease - 535 E. Chocolate Avenue, Hershey

- Class A, build-to-suit office in desirable Hershey location
- Excellent opportunity for user/tenant to help design and customize their new facility to meet their unique space needs
- Over 50 parking spaces available and more available in shared parking area

## Office Listing



### Sale/Lease - 2151 Linglestown Road, Harrisburg

- First floor condominium in the Saratoga Office Center now available
- Currently built for a medical user, but would work well for other office users
- Located close to Colonial Park, Downtown Harrisburg, and all Interstate Highways in the general area

## Featured Land



### Sale - Allentown Boulevard, Harrisburg, Dauphin County

- Outdoor recreation could be ideal for this 17+ acres available for sale along busy Allentown Boulevard
- The property features over 2,200' of frontage
- Zoned Commercial Highway (CH), with multiple uses permitted

## Land Listings

Location	Acres	Zoning	Type
370 W. Main Street, Leola, Lancaster County	1.3 - 2.8	General Commercial	Sale/Lease
300 S. Sporting Hill Road, Mechanicsburg, Cumberland County	1.19	Apartment Office Limited (AOL)	Sale
Allentown Boulevard and N. Hershey Road, Harrisburg, Dauphin County	1.35 (1 lot)	Business Enterprise District	Sale
Bent Creek Boulevard, Lot 2, Mechanicsburg, Cumberland County	2.02	Community Commercial	Lease
7700 Derry Street, Harrisburg, Dauphin County	2.12 (lot 4)	Commercial District General	Sale
I-81 and W. Trindle Road, Carlisle, Cumberland County	2.18 (2 parcels)	Commercial Highway	Sale
East Cumberland Street (Route 422), Lebanon, Lebanon County	2.2	Commercial	Sale
8001 Grayson Road, Harrisburg, Dauphin County	2.25	Commercial	Lease
7700 Derry Street, Harrisburg, Dauphin County	2.3 (lot 8)	Commercial District General	Lease
2600 Delta Road, Brogue, York County	2.5	General Commercial	Sale/Lease
Route 114 & Gettysburg Pike (NEC), Mechanicsburg, Cumberland County	2.996	Highway Commercial District	Sale
W. Trindle Road, Mechanicsburg, Cumberland County	4.13	Highway Commercial	Sale
700 S. Baltimore Street, Dillsburg, York County	5.23 - 57.5	Agricultural - Conservation (AC)	Sale
Eisenhower Boulevard, Harrisburg, Dauphin County	5.39	Commercial General	Sale
Route 114 & Gettysburg Pike (NWC), Mechanicsburg, Cumberland County	7.12	Highway Commercial District	Sale
Lancer Street Extended, Harrisburg, Dauphin County	7.52	Medium Density Residential (R-2)	Sale
Route 441 and Orchard Drive, Harrisburg, Dauphin County	8.34	Single Family Residential District	Sale
<b>Price Reduced</b> - 730 Limekiln Road, New Cumberland, York County	8.64	Commercial Business	Sale
Eisenhower Blvd & Highspire Road, Harrisburg, Dauphin County	10	Commercial District General	Sale
Route 75 & William Penn Highway, Mifflintown, Juniata County	11	Industrial Commercial	Sale/Lease
Carlisle Pike (Route 11) Waterford Square, Mechanicsburg, Cumberland County	16.16 (13 lots)	Community Commercial (C2)	Sale
<b>Price Reduced</b> - Allentown Boulevard, Harrisburg, Dauphin County	17+	Commercial Highway (CH)	Sale
3050 Heidlersburg Road, York Springs, York County	18.16	Highway Commercial	Sale/Lease

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**BILL GLADSTONE, CCIM, SIOR**

NAI CIR  
1015 Mumma Road  
Lemoyne, PA 17043  
717 761 5070  
[www.naicir.com](http://www.naicir.com)  
[www.billgladstone.com](http://www.billgladstone.com)



## Check Out Our Recent Deals

Visit [www.billgladstone.com](http://www.billgladstone.com) to view listings not included in this issue.



### SOLD – 3029 N. Front Street, Harrisburg

**BXF Real Estate, LLC** purchased this 4,744 SF office building located at 3029 N. Front Street in the City of Harrisburg. The space will be used as a dental office. The Bill Gladstone Group of NAI CIR handled the transaction. 1,500 SF remains available, please contact us for details.



### LEASED - 1423 N. Third Street, 1st Floor, Harrisburg

**Midtown Bead & Craft Bazaar** leased 560 SF of retail space located at 1423 N. Third Street in the City of Harrisburg. Plans are to use the space for a jewelry and bead retail store. The Bill Gladstone Group of NAI CIR represented the lessor and Sean Fitzsimmons of Landmark Commercial Realty Inc. represented the lessee.



### LEASED - 4231 Trindle Road, Camp Hill

**Nextier Bank, NA** leased 3,600 SF located at 4231 Trindle Road in Camp Hill. They will use the space for their first location in this market. The Bill Gladstone Group of NAI CIR handled the transaction.