



is our new personalized fitness and wellness consultation service designed to assess all five components of your level of fitness: body composition, flexibility, muscular strength, muscular endurance and cardiovascular endurance.

Your fitness consultant physical therapist will then develop and prescribe an appropriate fitness plan focusing on your goals and areas of improvement. Special testing for speed, agility, balance, and other sport related skills will be provided as needed.

All testing is performed by a licensed physical therapist. Testing procedures are based on American Physical Therapy Association (APTA) American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA) standards.



is designed to provide a unique service to the general community of all ages and levels of fitness to fill a void:

- for individuals seeking more focus in their fitness life or are struggling to meet their goals;
- for physicians who would like to offer their patients a thorough fitness assessment and personal wellness plan;
- for community members who do not belong to a gym (and do not desire to), but would like the benefit of having a fitness consultation service for home;
- athletes of all ages looking to identify areas for improvement in their sport performance;
- for schools looking to establish fitness levels for their athletes during pre/post season;
- for geriatric patients who are looking to improve their quality of life; and
- for patients recently discharged from physical therapy looking to adopt a fitness program that will also take into account their previous rehabilitated injury.



Appointments:

You will need to complete all prescreen health questionnaires one week prior to your first appointment to ensure proper safety and eligibility for this service. Any medical clearance needed prior to testing will be determined using these questionnaires, but if you have any known cardiovascular, pulmonary, or other serious health issues, schedule an appointment with your physician first to obtain medical clearance. All questionnaires and medical clearance forms for Compfit can be picked up at the clinic and/or available online at our website (www.cptc-nc.com)

The fitness assessment program cost is \$225. This includes two one-hour appointments to complete fitness testing and fitness plan prescription; \$199 for students (with valid ID) and senior citizens (over age 65).

Additional follow-up appointments for fitness retesting can also be provided as needed. Contact the clinic for scheduling and other information.



Benefits:

Identify your initial fitness condition, including body composition, flexibility, muscle strength, muscle endurance, and cardiovascular endurance.

Develop a personalized fitness plan with specific, measurable goals and means to achieve those goals.

Receive consultation from a professional healthcare provider, who is a licensed physical therapist and certified strength and conditioning specialist.

ACHIEVE COMPREHENSIVE FITNESS!

Comprehensive Physical Therapy Center Staff

Bruce Buley, MA, PT, OCS, CSCS, Clinic Director Received his physical therapy training at downstate Medical Center in New York City and earned an advanced Master's in physical therapy at UNC-CH. His 30 years of physical therapy experience have included treating patients with orthopedic, neurological, cardiac, pediatric and sports related problems, including foot and orthotic fabrication. Bruce has served on the academic and clinic faculties of UNC and Medical College of Georgia. In 1999, Bruce became a Certified Orthopedic Specialist by the American Physical Therapy Association and in 2002, became a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. Mr. Buley received the 2002 "Excellence in Clinical Practice" award given by the North Carolina Physical Therapy Association. In 2005, Bruce was awarded the "Mabel Parker Clinical Education Excellence" award from UNC.



Program Director:

Christopher J. Kosobucki, DPT, CSCS, received his Doctor of Physical Therapy degree from Duke University in May 2004. While attending Duke, Chris focused on orthopedics and sports medicine rehabilitation, gaining additional knowledge and skills in manual therapy and orthotic fit/fabrication. Chris completed his undergraduate studies at James Madison University in May 2001, where he received a B.S. in Kinesiology with a concentration in Exercise Science. In 2005, Chris became a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Jeanne Gresko, MS, CRC, LPC, has an MS in Rehabilitation Counseling from West Virginia University and is both a Certified Rehabilitation Counselor and Licensed Professional Counselor. She has received training in Mind/Body Medicine from the National Institute for the Clinical application of Behavioral Medicine and has worked in the field of rehabilitative medicine for over 14 years. Jeanne also has been teaching stress management techniques for over 8 years.

Sally Sargent, PT, received her bachelors in Physical Therapy from the University of Connecticut. Her 28 years of physical therapy experience have included treating patients with neurological, orthopedic conditions, and she has a strong interest in urinary incontinence and pelvic pain.

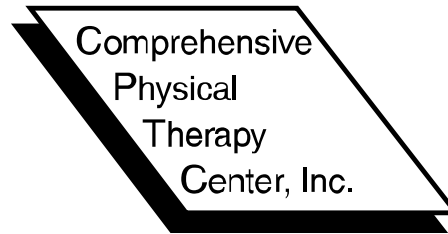
Juhi Kachalia, MSPT, received her M.S. in physical therapy from Duke University in May 2000. She worked in neurological rehabilitation for three years outside of Washington D.C. where she served in a clinical leadership council. In Boston, MA, and Bethesda, MD, she also gained experience in cardiac rehabilitation, acute care, and orthopedic conditions. She continues to have an interest in both the Neurological and Orthopedic populations.

Office Hours:

Monday through Friday 8:00 am to 5:00 pm
Saturday 8:00 am to 12:00 pm

Office Location:

115 Timberhill Place
Chapel Hill, NC 27514
Phone: (919) 967-5959
Fax: (919) 968-1478
Website: www.cptc-nc.com
Email: cptc@bellsouth.net



HELPING PEOPLE
HELP THEMSELVES

Mission Statement

Comprehensive Physical Therapy Center, Inc. is committed to treating individuals the way we would choose to be treated. Our goal is to provide comprehensive treatment by focusing on the individual and using a problem solving approach. We attempt to empower the individual receiving care through education and appropriate resources. We take the time required for each person to help them work through resolving their pain and dysfunction. Comprehensive Physical Therapy Center is committed to the community through programs geared to the musculoskeletal and movement needs of the people of the Triangle.



Comprehensive Physical Therapy Center,
Inc.

Invites You

to

Achieve Comprehensive Fitness

Through

