



**Bruce Buley, P.T., M.A., O.C.S., C.S.C.S**  
**Chris Kosobucki, D.P.T., O.C.S., C.S.C.S.**  
**Christine Campbell, D.P.T.**  
**Jeanne Gresko, M.S., L.P.C., C.R.C.**  
**Juhi Kachalia, M.S.P.T.**

## What's New at CPTC

Thank you for taking the time to read our first company newsletter. Due to the ongoing collaboration with the local health care community, we feel it is important to provide updates and information regarding our clinic so that we can better serve our community. In the future, you can look forward to receiving quarterly newsletters. In addition, if you would like to learn more about our clinic, please visit our website at [www.cptc-nc.com](http://www.cptc-nc.com).

## CPTC Welcomes a New Member to the Family

We are happy to introduce Christine Campbell, PT, DPT to CPTC. Christine recently received her Doctor of Physical Therapy degree from Duke University in May 2007 and previously obtained her B.A. in Biology from Hamilton College in May 2004. During her time at Duke, she gained experience in orthopedics, sports medicine, and vestibular rehabilitation. She has also taken advanced courses in general manual therapy and vestibular assessment/treatment to further specialize her orthopedic and vestibular rehab skills. Christine also specializes in general women's health physical therapy needs.

## Quarterly Clinic News



We would like to congratulate Chris Kosobucki on his recent attainment of the American Physical Therapy Association's (APTA) Orthopedic Specialist Certification (OCS) in June.

The specialist certification program was established to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice and to assist consumers and the health care community in identifying these physical therapists. Chris joins Bruce Buley and approximately 4,000 other therapists nationally with this certification. Congratulations Chris!

In January, Chris attended the annual Major League Baseball Sports Medicine Conference in San Diego, CA focusing on treatment and prevention of athletic injuries with a focus on the shoulder and elbow of an overhead throwing athlete.

In February, Bruce presented "The Orthopedic Physical Therapy Examination," at the NCPTA Conference for Worker's Compensation Insurers; a symposium designed to provide a more knowledgeable understanding of the physical therapy profession to insurance provider members. Bruce also attended the APTA Advanced Clinical Practice course on Radiology for Physical Therapists and the 2007 Active Hip Symposium: Current Strategies for Treatment and Rehabilitation seminar in January and June.

## CPTC New/Additional Services

Christine Campbell is developing our vestibular rehabilitation service to members of the community. With her expertise, we are now able to provide assistance to patients who suffer from various vestibular pathologies, including unilateral/bilateral vestibular loss, benign paroxysmal positional vertigo (BPPV), stroke, etc. The National Institute of Health estimates 90 million Americans (42% of the current population) will experience dizziness at least once in their lifetime. Some patients develop permanent balance deficits with subsequent functional limitations.

Vestibular rehabilitation or balance rehabilitation is an exercise based approach to the dizziness or spinning symptoms and disequilibrium associated with central (brain) or peripheral (ear) vestibular pathology. Balance and vestibular rehabilitation is an alternative form of treatment involving specific exercises which will help to increase general activity and conditioning levels, increase balance, and decrease dizziness. These programs help the central nervous system compensate for the deficits and in most cases of BPPV, actually correct the problem. In a number of studies, customized VRT programs were significantly more effective than generic exercises in resolving symptoms.



our personalized fitness and wellness consultation service, is designed to assess all five components of your level of fitness: body composition, flexibility, muscular strength, muscular endurance and cardiovascular endurance. A detailed fitness plan focusing on patient goals and areas for improvement will be provided. Special attention to current/previous orthopedic injuries is taken into account.

We are proud to offer these new services to our patients and community. Please contact CPTC for more information.