

Quarterly Clinic News

Beginning in May of this year, we are expanding our clinic facility. After purchasing an additional 800 square feet of space, we are currently undergoing plans for a major clinic renovation. We are excited to see our clinic grow, with focus on more gym space and treatment areas. An open house will be planned at the completion of the renovation project later this year...stay tuned.

We have also revamped our clinic website. You will now find a more comprehensive overview of all our clinic has to offer from services rendered, patient education, detailed clinician biographies, and frequently asked questions to allow the patient to have a smooth transition to therapy. Please take time to review at www.cptc-nc.com.

Recently, both Bruce and Chris were recognized in national physical therapy publications. Bruce was a featured author in the February 4th issue of "Today in PT" for his contribution to the article, "A Good Run: Injury-Free Running Starts with PT." Chris was recognized for his efforts of obtaining the Clinical Orthopedic Certified Specialist Certification (OCS) in "Orthopedic: The Magazine of the Orthopedic Section, APTA."

Continuing Education News

In January, Christine attended "Pelvic Floor/Pelvic Girdle: External Evaluation and Treatment for the Pelvis and Pelvic Floor," the introductory women's health seminar for the treatment of pelvic pain dysfunctions. The focus of the seminar was to become comfortable with simple external pelvic floor muscle evaluation and treatment applicable to a wide variety of patient populations. It also expands the appreciation of the relationship of the pelvic floor muscles to the hip, pelvic girdle, sacroiliac, symphysis pubis, lumbosacral joints and the thoracic and lumbar spine. The seminar was hosted by the Herman and Wallace Pelvic Rehabilitation Institute in San Diego, CA.

In January, Chris attended the Maitland Australian Physiotherapy Seminar: Basic Spine, a three-day course held at Duke University. The Maitland-Australian concept of physiotherapy is the assessment and treatment of signs and symptoms, respecting the diagnosis, understanding the pathology, and using biomechanical knowledge, as needed. This manual therapy based approach is scientific, systematic, logical, and usually very gentle. Assessment, clinical reasoning and clinical decision making are the cornerstones. The emphasis on this respective course was principles of assessment and treatment of the cervical, thoracic, and lumbar spine.

In February, Bruce attended a two day seminar in Richmond, VA, entitled, "Master Clinicians Approach to Advances in Examination and Treatment of Selected Shoulder Conditions," hosted by nationally renown physical therapist, George Davies. From the experience in this course, we will be able to better manage our patients with shoulder problems, most notably rotator cuff impingement and partial tears.

Finally, all of our therapists attended a one day seminar on Knee Rehabilitation for the elite athlete by world renowned athletic trainer/rehabilitation specialist, Bill Knowles, hosted by the Strength and Conditioning Department at UNC. Bill is one of two trainers that work at ISport Sports Performance Training, Athlete Rehabilitation in Vermont. There he specializes in the rehabilitation of Olympic rugby and downhill ski athletes. His seminar focused on post-ACL rehabilitation of the elite athlete.

New/Additional Services

Christine Campbell will be spearheading our women's health rehabilitation service opportunities. Women face unique health concerns across the lifespan that deserve special attention from a female therapist with women's health education. Common health concerns among women that we are available to treat include pelvic/ vaginal pain, pregnancy and postpartum musculoskeletal pain, incontinence, osteoporosis, rehabilitation following breast surgery, as well as wellness and fitness counseling. At CPTC you will find a licensed physical therapist trained in the external evaluation of the pelvic floor providing comprehensive treatment techniques applicable to a wide variety of patient populations. If you have more questions concerning women's health physical therapy at CPTC, please contact us at cccptc@bellsouth.net.