

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.

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.

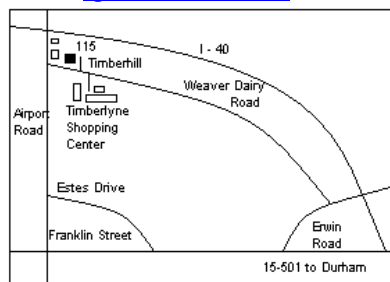
Juhi Kachalia, MSPT, received her M.S. in physical therapy from Duke University in May 2000. She worked in neurological rehabilitation for three years outside of Washington D.C. where she served in a clinical leadership council. In Boston, MA, and Bethesda, MD, she also gained experience in cardiac rehabilitation, 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:

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Pain Management

Helping People Help Themselves

Why pain management?

Sometimes people search for months or years for a way to relieve their pain, only to be frustrated again and again. New methods are tried with high hopes, but lasting relief remains elusive.

If this has been your experience, you may feel that no one around you understands what you are going through. You may even be wondering if anyone really believes you. Here you are, still seeking something to make you pain go away.

Pain management can also help you reduce your stress – from worries, or getting along with people, or your own pain. Stress and its resulting muscle tension can make many symptoms worse, so this is another way to reduce your pain.

Why pain management?

Through pain management, you can learn strategies to help you cope with the ups and downs of your pain, and of your life. These strategies include looking at negative ways of thinking which can increase stress and therefore pain. They also include learning to pace your activities, and to ask for help when appropriate.

Relaxation techniques, another strategy in managing pain, help balance the harmful effects of prolonged stress on the body and mind.

Some techniques may be new, and others may be familiar but no longer used by you for many reasons. Pain management provides the support for you to get back on track again.

Pain Management

- Using breathing and imagery to reduce pain.
- What to do when family and friends don't understand your pain.
- Surviving the losses – the things you had to give up.
- Caring for yourself – rebuilding the self-esteem that pain depleted.
- Food and exercises as a part of your pain control program.
- How to reduce your pain by changing your thinking.
- Pain habits: learning good ones, shedding bad ones.
- Listening to what your pain might have to teach you.

**Pain management provides:
Education, support and practice in how to do the job you never asked for, but got anyway: living with chronic pain.**

Referrals

Physical Therapy services in North Carolina do not require a physician referral. If you have been referred by a physician, we will work closely with them to coordinate effective treatment and closely communicate progress. Note that some insurance plans do require a physician's referral for reimbursement.

Insurance Coverage

Most insurance plans will cover pain management training. If you have any questions concerning coverage with your insurance plan, please call our office manager for assistance.