

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. In 2006, Bruce became a credentialed clinical instructor with the APTA.

Christopher J. Kosobucki, DPT, OCS, 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. In 2007, Chris became a board certified specialist in Orthopedic Physical Therapy by the APTA.

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.

Christine Campbell, DPT, received her Doctor of Physical Therapy degree from Duke University in May 2007 and previously 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 also took additional courses in general manual therapy and vestibular assessment/treatment to further specialize her orthopedic and vestibular rehab skills. In addition to being available for these services, she will also provide any general women's health physical therapy needs.

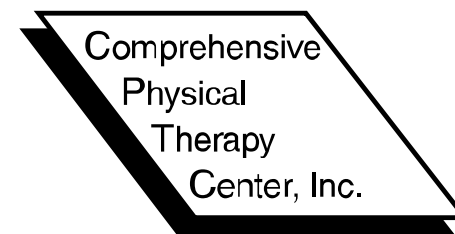
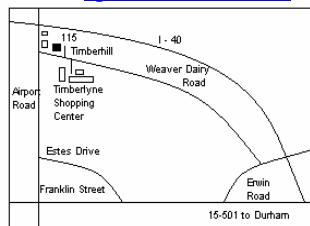
Juhi Kachalia, MSPT, received her M.S. in physical therapy from Duke University in May 2000. She worked in neurological rehabilitation for three years outside of Washington D.C. where she served in a clinical leadership council. In Boston, MA, and Bethesda, MD, she also gained experience in cardiac rehabilitation,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

Office Hours:

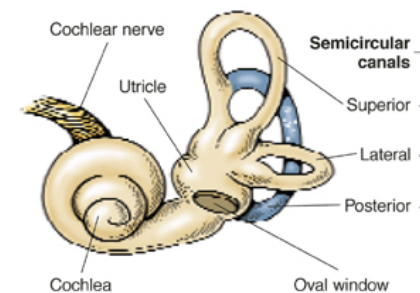
Monday through Friday 8:00 am to 5:00 pm
Saturday 8:00 am to 12:00 pm

Office Location:

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



Vestibular and Balance Rehabilitation



Your guide to better balance

The vestibular system and balance

The vestibular system consists of 3 semicircular canals that are sensitive to head rotations, and 2 otolith organs that are sensitive to linear head movements. The system resides within the inner ear, along with the cochlea (auditory organ) and performs the following functions:

- Gaze stabilization when moving your head.
- Postural correction/adjustments to prevent a fall (balance)
- Orientation relative to gravity.

Normal balance requires the integration of visual, vestibular, and somatosensory (use of muscles and joints) information. When one of the systems does not function well, you may experience blurred vision with head movements, disequilibrium, an abnormal sense of movement or orientation, poor balance, dizziness and/or vertigo, and motion sensitivity.



Vestibular Rehabilitation

Vestibular rehabilitation is an individualized program developed to treat patients with vestibular/balance impairments. Rehabilitation focuses on the body's ability to compensate for loss of function and adapt to stresses imposed on the system.

At Comprehensive Physical Therapy, a licensed Physical Therapist trained in vestibular rehabilitation will complete an initial evaluation to determine if physical therapy is appropriate. An individualized program is then developed based on your diagnosis and vestibular/balance deficits.

Your vestibular rehabilitation program may include:

- Balance retraining exercises
- Sensory organization techniques
- Gaze stabilization strategies to decrease blurred vision/dizziness.
- Habituation exercises to decrease motion sensitivity.
- Canalith Repositioning maneuver: If you are diagnosed as having BPPV
- An individualized home exercise program to maximize your rehabilitation potential.

You may be a candidate for vestibular rehabilitation if you suffer from:

- Vestibular Neuritis: Viral infection of the vestibular nerve.
- Labyrinthitis: Infection/ inflammation of the labyrinth of the inner ear.
- Benign Paroxysmal Positional Vertigo (BPPV): caused by calcium carbonate crystals moving within the inner ear
- Bilateral vestibular loss (BVL): due to use of ototoxic medications or autoimmune disease.
- Meniere's Disease: abnormality in the fluids of the inner ear causing dizziness and ringing in your ear.
- Unilateral Vestibular Hypofunction (UVH): One side of the vestibular system (inner ear) is not working properly, due to an inner ear infection, aging, or prior injury.
- Stroke: Depending on the severity and area affected, you may benefit from balance retraining and gaze stabilization exercises.