

**COAST PT Newsletter**  
**November/December 2015**



*Congratulations to Dr. Chad M. Pens*  
 for being awarded **Physical Therapist of the Year**

Dr. Pens was selected by the CNY Business Journal as the **2015 Physical Therapist of the Year**. Dr. Pens was chosen for this honorable distinction based on votes from the public within a sixteen-county region. The staff at the CNY Business Journal was very impressed with the overwhelming positive feedback they received from Dr. Pens' fellow colleagues and current and past patients as to the level of his dedication to his profession, his staff, his company, and to his patients. We are very proud to have him as our leader at COAST Physical Therapy. Congratulations, Dr. Pens!



**HOLIDAY HOURS**

In observance of the upcoming holidays, our office will be closed to allow our staff members time with their families. Please make sure to schedule your appointments well in advance to ensure that you are able to get the physical therapy you need to get well!

Wednesday, November 25	Closing at 3:00
Thursday, November 26	Closed
Friday, November 27	Closed
Thursday, December 24	Closing at noon
Friday, December 25	Closed
Thursday, December 31	Closing at 3:00
Friday, January 1	Closed

**HOLIDAY FUN**

Join us in celebrating the holiday season this year! Every year, we have a *festively fun* week, the week leading up to Christmas. So if you are in our office for any reason, whether as a patient, a caregiver, or you're just stopping by to say hello, please join in on the holiday fun!

Monday, 12/21	Holiday Sweater Day	
Tuesday, 12/22	Holiday Accessories Day	
Wednesday, 12/23	Santa Hat Day	

**PARENT & COACH EDUCATION SERIES**

COAST Physical Therapy is proud to present our *Parent and Coach Education Series* seminars, to be held at The Ultimate Goal Family Sports Center in Marcellus. Dr. Chad M. Pens, owner and president of COAST PT, will be sharing his knowledge of sports related injuries and prevention in regards to young athletes. The information presented in these seminars will help parents and coaches guide their athletes to the proper rehabilitation to return to sport pain free and to prevent future injury. All seminars will be held at 6:00 p.m. at The Ultimate Goal and will last about 30 minutes. We hope to see you there!

**Seminar Topics and Dates:**

- ACL Injuries in Female Athletes—November 15*
- Sprains, Strains & Stress Fractures—December 13*
- Foot and Ankle Injuries—January 10*
- Knee Pain in Adolescence—February 14*
- Understanding Concussions—March 13*

**Turn over for more important news  
 from COAST PT!**





## **BENEFITS OF AQUATIC PHYSICAL THERAPY**

Many people suffering from musculoskeletal pain will benefit from physical therapy. However, not all patients can tolerate physical exercise bearing one's own body weight. This is why COAST Physical Therapy offers structured aquatic exercise in the form of aquatic physical therapy. Aquatic physical therapy can be used for the management of many conditions such as knee & hip arthritis, low back pain, generalized body de-conditioning, balance problems, obesity, recovering from hip or knee replacement surgery, rehabilitation after spinal surgery and many more conditions. The most important benefit of aquatic therapy based exercise is that when in the water, buoyancy enables exercise to be performed with one's body weight reduced by a certain percentage. Buoyancy functions like an anti-gravity environment to exercise in. This anti-gravity environment is important when attempting to strengthen through a painful joint. By reducing compressive forces acting through a painful joint, exercise can be performed with significantly less pain through the joints. Another benefit of the water environment is that the body parts immersed in the water receive gentle compression from the water, which serves to help reduce inflammation, edema, as well as control for pain. Your physical therapist or doctor may suggest that you participate in an aquatic therapy program as a part of your rehabilitation. ***Our aquatic therapy program utilizes the Auburn YMCA pool located at 27 William Street, in Auburn and meets on Tuesdays and Thursdays, year-round.*** Kenneth Rescott, PT is our aquatic therapy director. He is an experienced aquatic therapy provider with over 25 years of experience. For more information, or to get started on an aquatic therapy program, call our office today, at 315-253-3291, to schedule your appointment.



## **COAST PHYSICAL THERAPY ONLINE**

As of mid-October, COAST PT has a new look online! We had our website redesigned, and we are very pleased with how it looks. Please visit us online at [www.COASTPT.com](http://www.COASTPT.com), and check out our newly designed website! It's more interactive, more informative, and you can even sign up yourself, your family and your friends to receive or quarterly newsletters online! You can scan the QR codes below, and they will bring you directly to our website and our Facebook page. Don't forget to "like" us on Facebook. We appreciate your support!



## **CANCELLATION POLICY**

With the up-coming holidays, schedules can get very busy for everyone, and we understand that. However, we do ask that you remember and abide by our 24-hour cancellation policy, and please call us at least 24 hours in advance, if you need to cancel or reschedule your appointment. This way we have an opportunity to call another patient that may be waiting for an appointment. Please do your best to confirm all appointments with our front desk staff each time you are in. Appointments that are missed are opportunities that you had to get better! Thank you! We appreciate your help.

