



Coast PT

*Cayuga Orthopaedic and
Sports Physical Therapy*

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*Helping you Stay Healthy
Through the Marathon of Life*

COAST Physical Therapy Newsletter - Winter 2016

EMPLOYEE RECOGNITION - Here at COAST Physical Therapy, we think our employees are pretty awesome. We would like to take a moment to recognize the exceptional work of these particular employees:

Lindsey Lillie, PTA, LMT, is a physical therapist assistant and licensed massage therapist and has worked at COAST PT since 2007. Lindsey has a great personality! She's energetic and fun to work with, and she's always smiling, creating a very positive environment for her fellow coworkers and her patients. Lindsey really enjoys the teamwork that is present with all staff members at COAST PT. It makes her day more enjoyable and treating patients easier knowing that she has a great team working with her each and every day. Lindsey LOVES horses and recently started MMA training. Lindsey's favorite vacation place is the Caribbean. Thanks, Lindsey, for all you do for COAST Physical Therapy! We love having you as part of our team!

Mike Giltner is our Vice President of Public Relations and Marketing and has worked at COAST PT since 2012. Mike is a great person to be around. He's always positive and encouraging to his coworkers, and he has a great sense of humor. Mike is hard working and wants only the best for COAST PT and his colleagues. Mike enjoys the atmosphere in our office. He states our patients are fun to interact with, and his coworkers are awesome to be around. This makes his job easier because he's promoting a company and people that he truly believes in. Mike loves being outdoors. He is an avid hunter and golfer, and he enjoys camping and paddle boarding in the Adirondacks. Mike is a newlywed as of July, and he is looking forward to his first year of marriage with his wife, Dione. Thanks, Mike, for all your hard work getting the word out there about COAST PT! We appreciate it!

THINK SUNNY THOUGHTS!

Join us during the month of March for our ***Hawaiian Fridays!*** Each Friday in March, we want to invite you to join us in thinking warm thoughts and dressing Hawaiian style! Whether it's a hawaiian shirt, a lei, or sunglasses on your head, join us in trying to encourage spring along! Aloha, Spring!

WELCOME ABOARD!

We would like to welcome a new staff member to the COAST PT team. Stephanie Fenner joined us in December as a new Front Office Assistant. She has been a great addition to our team. Please join us in welcoming Stephanie!

DID YOU KNOW?

If you have experienced low back pain, you are not alone. According to a 2012 survey by the American Physical Therapy Association (APTA), 61% of Americans said they have experienced low back pain, and of those, 69 percent felt it has affected their daily lives. The good news is that most cases of low back pain are not serious and will respond well to conservative, proven treatments such as physical therapy. Physical therapy is a cost effective first choice in an era when all too often back pain is over-treated with narcotics or unhelpful imaging scans that lead to higher costs. Try physical therapy first.

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NEED PHYSICAL THERAPY IN THE HOME? COAST PT MAKES HOUSE CALLS!

COAST Physical therapy wants to remind our patients and their families that we have a very special service called HOUSE CALL physical therapy. If you are a Medicare beneficiary and are in need of physical therapy services in your home, please let our highly trained therapists help you at home. We've been helping the members of the Auburn and surrounding communities in our office for over 25 years, and now we can help you at home as well! How is that for personalized service?! Whether you've been hospitalized due to surgery, a fall, or some other reason, we can help you get back on your feet and get out your front door with improved strength and endurance. So call us today at 315-253-3291, and we'll send one of our physical therapists over to help you!

NO PHYSICIAN REFERRAL REQUIRED



Did you know that in New York State, you can go to the physical therapist without needing a prescription from your doctor? You can! It's called Direct Access. Most states in the United States have direct access for physical therapy services. This means that if your back is aching, or your knee is bothering you, you may go straight to your physical therapist for help! Just call our office, and set up an appointment with one of our physical therapists, and they will take a look and see how they can help you! Isn't that great?! Please check with your insurance company first, to make sure that a self referral will be reimbursed appropriately.

DR. CHAD M. PENS IN THE NEWS

Our very own Dr. Chad M. Pens was recently in the news! Ormie King, writer for the Auburn Citizen and auburnpub.com, featured an article on Dr. Pens, entitled, "Meet this Legendary CNY Physical Therapist." It was a very well written article on Dr. Pens honoring him and his accomplishments within the field of physical therapy. You can read the article on auburnpub.com, on our Facebook page, or on our website, coastpt.com. Congratulations, Dr. Pens! The recent honors you have received are well-deserved! We are very proud of you!



COAST PT IN THE COMMUNITY

It may be cold outside, but that doesn't stop COAST PT from being active in our local community! Dr. Chad M. Pens led several community seminars in November and December at local senior centers and nursing homes and discussed *Falls Prevention*. Dr. Pens continues his **Parent and Coach Education Series** at The Ultimate Goal Family Sports Center in Marcellus through March. Please visit our FaceBook page for more information. Dr. Pens will also be speaking at Gazella Fitness Studio in Skaneateles on February 10 regarding *Muscular Imbalance*. If you are interested in having Dr. Chad M. Pens speak at your place of employment or local community center, please contact Mike Giltner at 315-253-3291.

