



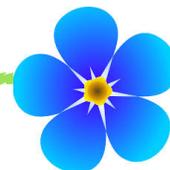
Coast PT

Cayuga Orthopaedic and
Sports Physical Therapy

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Helping you Stay Healthy
Through the Marathon of Life

COAST Physical Therapy Newsletter - Spring 2019



DO YOU SUFFER FROM DIZZINESS OR VERTIGO?

Many people suffer from dizziness and vertigo and don't know that they can get help from a physical therapist. Dr. Chad M. Pens, PT, DPT specializes in vestibular rehabilitation, and he has helped many patients get relief from years and years of dizziness and vertigo. Many patients have significant improvements in their symptoms in the first 2-4 visits. Through careful examination, Dr. Pens tailors the treatment plan for each patient's individual needs, and each patient gets an individualized home exercise program. Many of Dr. Pens' vestibular patients have said they are forever grateful for how much he helped them get their lives back and how they wished they would have known years ago that they could get help. So if you or someone you know and love suffers from dizziness and vertigo, please call or office today and make an appointment with Dr. Pens. He'll get you feeling like yourself again.

SPECIAL EDITION COAST PT SHAMROCK SHIRTS!



Our special edition COAST PT Pink Ribbon shirts were so popular that we are doing another special edition sale for St. Patrick's Day! Get your special edition **COAST PT Shamrock** shirt between February 20 and March 1. We can take orders in the office or by phone. You will pre-order your size to ensure you get the size you want. T-shirts are the same style as our pink ribbon shirts, made of a dry-fit material. Orders will be placed on March 4 to ensure that we receive them in time for St. Patrick's Day. Join us in wearing them in our office on Friday, March 15! Payment is taken at the time your order is placed. Thanks for your ongoing support of COAST Physical Therapy!

WELCOME NEW STAFF

We are pleased to welcome Morgan Montgomery, PT, DPT, to our COAST Physical Therapy team. Dr. Montgomery is excited to be a part of our outstanding clinical staff here at COAST PT! Please join us in welcoming her to COAST Physical Therapy!

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!



FREE PATIENT SCREENING

We are pleased to announce that we are offering a FREE 15-minute consultation to anyone who is questioning whether physical therapy will help them. Our qualified physical therapists would like to help you figure out if physical therapy is right for you. So if you, a family member, or friend have an ache or pain that isn't going away, please give our office a call at 315-253-3291, and we will get you scheduled for a free consultation! No doctor's referral required, just give us a call.



YOU CAN GO STRAIGHT TO YOUR PHYSICAL THERAPIST

New York State law, Chapter 298 of the Laws of 2006, permits physical therapists (with a minimum of three years of clinical experience) to treat patients without a physician referral, as of November 23, 2006. This patient right has been termed **DIRECT ACCESS**. Direct access to physical therapy is ***your opportunity to be evaluated and treated by the licensed physical therapist of your choice without needing to see your physician first in order to obtain a prescription.*** As highly trained health care professionals, physical therapists have a proven track record of effectively treating millions of patients. Physical therapists are well-qualified, both through formal education and clinical training, to evaluate a patient's condition, assess his or her physical therapy needs and, if appropriate, safely and effectively treat the patient. Physical therapists are also qualified to recognize when a patient presents with signs and symptoms inconsistent or outside the scope and expertise of the physical therapist and when the patient should be referred to a physician. Given today's health care environment and the need to control health care expenditures, direct access to physical therapy services is an excellent option. So if you have an ache or pain and would like to start physical therapy as soon as possible to get you on the road to recovery sooner, give our office a call at 315-253-3291, and we'll help you get healthy! We've been seeing Direct Access patients for over 12 years now! Let's get you started now! Call us today! **COAST Physical Therapy...Helping You Stay Healthy Through the Marathon of Life.**



HELPING KIDS IN OUR COMMUNITY

Dr. Maria K. Shepherd, PT, DPT specializes in pediatrics and has been seeing pediatric patients in our office, from young infants with torticollis to older children with cerebral palsy. There are so many different ways that physical therapy can help kids, whether it be helping infants learn how to crawl or walk, helping preschool children be able to run and jump to keep up with their peers, or helping children get stronger so they can be more confident in their gross motor skills. If you have a child or know of a child who could use Dr. Shepherd's help and expertise, please contact our office and schedule an appointment. After all, every child deserves to have an active and healthy childhood!



Please remember that we have a 24-hour cancellation policy. If you know you will not be able to make your scheduled appointment, please kindly call the office a minimum of 24 hours in advance, to reschedule your appointment. This helps us schedule other patients that need to get in to see our therapists as soon as possible, and it allows us to reschedule your appointment so that you don't miss out on your therapy and getting you back to your prior level of function sooner! We want to make sure you're getting the most out of therapy, so make sure you're coming to all of your scheduled appointments! Thank you! A gentle reminder that there is a \$50 fee for no shows and cancellations with less than 24-hour notice. This fee is the responsibility of the patient and is not covered by insurance companies. Please avoid this charge by showing up to your scheduled appointments!