



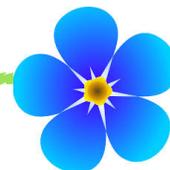
Coast PT

Cayuga Orthopaedic and
Sports Physical Therapy

37 W Garden Street, Suite 103
Auburn, New York | 315.253.3291

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.