

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. He received the 2002 "Excellence in Clinical Practice" award given by the North Carolina Physical Therapy Association., and in 2005, was awarded the "Mabel Parker Clinical Education Excellence" award from UNC. In 2006, Bruce became a credentialed clinical instructor with the APTA.

Christine Viola, DPT, OCS, 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.

Valerie Boyle, DPT, received her Doctor of Physical Therapy degree from Elon University in 2006. After growing up in Fuquay-Varina, she graduated with a B.S. in Biology and Chemistry in 2003 from Greensboro College, where she also played soccer. In 2009, Valerie became a credentialed clinical instructor with the APTA, as well as a Certified Ergonomics Assessment Specialist through the Back School of Atlanta. In 2010, she completed Women's Health Pelvic Physical Therapy training with internal examination.

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.

Office Hours:

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

Office Location:

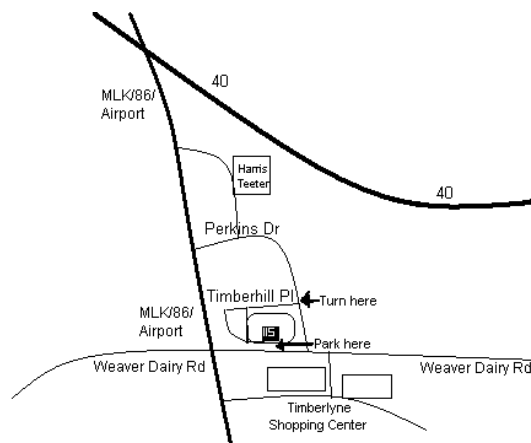
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Comprehensive
Physical
Therapy
Center, Inc.

Foot Orthotics



Helping People Help
Themselves

What are Foot Orthotics?

Foot orthotics are a device or insert which fits into shoes and help decrease stress on body tissue by correcting anatomical alignment while standing, walking, and running. Oftentimes, foot orthotics can help in treating:

- Plantar fasciitis
- Achilles' tendonitis
- Shin splints
- Metatarsalgia
- Anterior knee pain
- Knee osteoarthritis

Who Should Use Orthotics?

Orthotics can be used for different reasons, for different people. For “flat-footed” (over pronated) people, they can control excessive foot motion to decrease stress on the body. For “rigid, high arched” (supinated) people, they can provide increased cushion and shock absorption.

How are Orthotics Made?

There are a variety of systems that can be used to fabricate foot orthotics at Comprehensive Physical Therapy Center. With each system, we take measurements in a non-weight bearing position to make an assessment of how closely the joints of the foot align so not to cause tissue stress. Then, a mold of the foot is taken to get a weight-bearing impression. Following the molding procedure, the foot orthotics are then contoured so that we, “bring the ground up to meet the foot” in an unstressed position with good postural alignment. All measurements and production of the foot orthotics take place in the clinic so that we can modify the product as needed, thereby decreasing downtime and increasing patient comfort. These orthotics are classified as semi-rigid and will likely last 2+ years with appropriate care. They can fit in any running shoe and can be molded to fit into special athletic shoes (i.e. soccer cleats, etc.). Comprehensive Physical Therapy Center can also make $\frac{3}{4}$ length orthotics to fit in some dress shoes.

Care for Foot Orthotics

Never leave foot orthotics in the hot sun as they are made of low temperature melting plastic and could deform. Also, when wet, they should be taken out of the shoe and left to air dry. Do not place them on a heater. If ever dirty, the smooth surfaced ones can be wiped clean with a damp cloth and the fabric surfaced ones do well with a spray foam carpet cleaner.

Insurance Coverage

Many insurance companies cover one pair of foot orthotics per year and our business office can check the details for you.