

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.

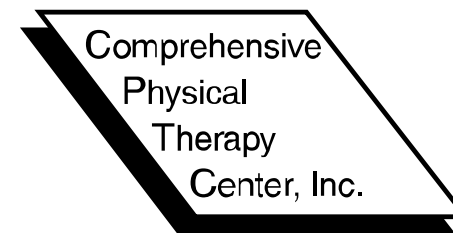
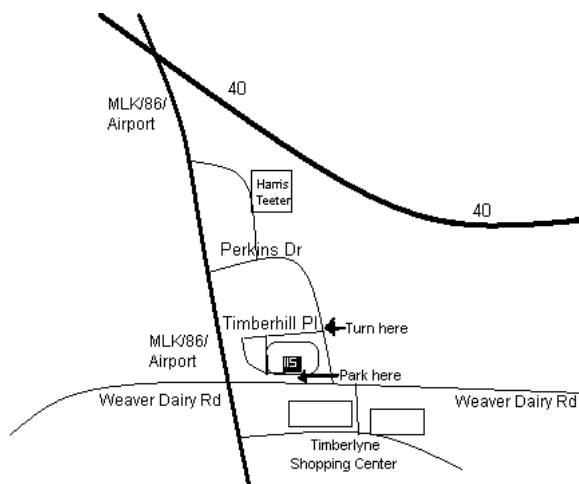
Jeanne Gresko, MS, CRC, LPC, has an MS in Rehabilitation Counseling from West Virginia University and is both a Certified Rehabilitation Counselor and Licensed Professional Counselor. She has received training in Mind/Body Medicine from the National Institute for the Clinical application of Behavioral 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

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Pregnancy and Postpartum Physical Therapy



Helping People Help
Themselves

During Pregnancy

While pregnancy is a time of excitement and joy, more than half of all pregnant women suffer from back pain or some other orthopedic problem. Although back pain during pregnancy is common, it is not normal. Neither is the pain sometimes felt in the groin area, rib cage, mid back or shoulder blades.

A combination of factors may cause back pain such as an increase in maternal hormones resulting in increased elasticity of the “soft tissues” of the body (ligaments, tendons, and cartilage) as well as changing posture secondary to the growth of the fetus (baby). Together, these changes can make the pregnant woman more susceptible to injury or lead to development of problems in the spine, pelvis, or rib cage.

Physical Therapy Can Help! What Are the Causes?

For each area of concern, a physical therapist can evaluate the problem and design an individualized program of care to improve your function and enable you to manage your symptoms more effectively.

If you think you may benefit from physical therapy during your pregnancy, ask your physician to refer you to a physical therapist. Insurance payment varies, so check your individual policy for coverage.

Musculoskeletal Dysfunction Pregnancy and Postpartum

- Exercise, prenatal and postpartum
- Labor and delivery pain management
- Post cesarean section care
- Urinary incontinence
- Fitting of compression stockings to help manage swelling and varicose veins.
- Aquatic therapy
- Osteoporosis
- Fibromyalgia
- Orthotics
- Stress reduction program
- Biofeedback

Pregnancy Related Symptoms

- Arching in the low back or between the shoulder blades
- Intense pain in the groin or pubic area that interferes with sleep, climbing stairs, or walking.
- A “catch”, spasm, or pain in the ribs or mid back that may be worsened with use of the arms in front of the body.
- Pain, tingling or weakness in the wrist or hand.

Suggested Programs Include:

- Exercise to stretch tight muscles, strengthen weakened ones, or improve posture.
- Massage or soft tissue techniques to increase circulation, relieve pain, or improve tissue mobility.
- Joint mobilization to allow movement at the joints and to relieve pain.
- Fitting of therapeutic belts and supports.
- Suggestions for appropriate body mechanics and energy saving tips for home and work.