

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.

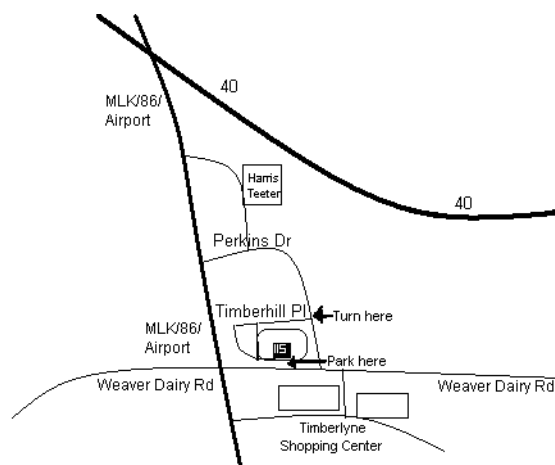
Jeanne Gresko, MS, CRC, LPC, has an MS in Rehabilitation Counseling from West Virginia University and is both a Certified Rehabilitation Counselor and Licensed Professional Counselor. She has received training in Mind/Body Medicine from the National Institute for the Clinical application of Behavioral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

Jeanne Gresko, MS, CRC, LPC

HELPING PEOPLE
HELP THEMSELVES

Why Reduce Your Stress?

Stress and pain are closely connected. When you have a lot of stress in your life, you probably are testing your muscles more than you realize. As a result, physical therapy treatments and exercise may not be as effective as you would like in reducing pain and stiffness.

In such cases, learning stress reduction strategies can help you maximize your efforts in physical therapy treatment.

Strategies to Reduce Stress:

➤ **Take control of your life**

Sort out the parts of your life you can and cannot change. Be creative in finding ways to change those things you can, and accept those things not likely to change.

➤ **Set goals**

Once you have sorted out what you want to change in your life, write out your goals, as well as steps for achieving them.

➤ **Minimize negative thinking**

Remember that worrying and self doubt only steal your energy, and do nothing to improve the outcome. Expect that things will get better and it's more likely that they will.

➤ **Ask for what you want**

Express your needs. Keeping them bottled up inside almost guarantees that nothing will change.

➤ **Let go of perfectionism**

It's great to do things well, but are you frequently taking on more than you can reasonably handle?

➤ **Maintain a regular exercise program**

Exercise is a natural way to work off the effects of the fight or flight response that occurs when you are stressed. Make it a priority on your calendar.

➤ **Have fun**

Make sure you schedule some fun activities for regular renewal.

Get back on track with Stress Reduction here at our center:

Learn how to:

- Relax deeply and reduce muscle tension
- Control tension throughout your day
- Take an active role in your healing

Learn additional strategies to manage your time and energy more effectively.

Appointments

Appointments can be made for this service through our office.

Referrals

You can receive stress reduction services following referral by the physical therapist providing your treatment. In some cases, your therapist may discuss this service with your physician before the referral is made.

Insurance Coverage

Most insurance plans will cover pain management training. If you have any questions concerning coverage with your insurance plan, please call our office manager for assistance.