

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.

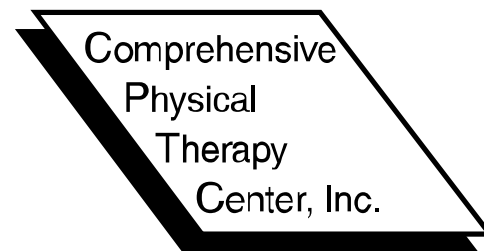
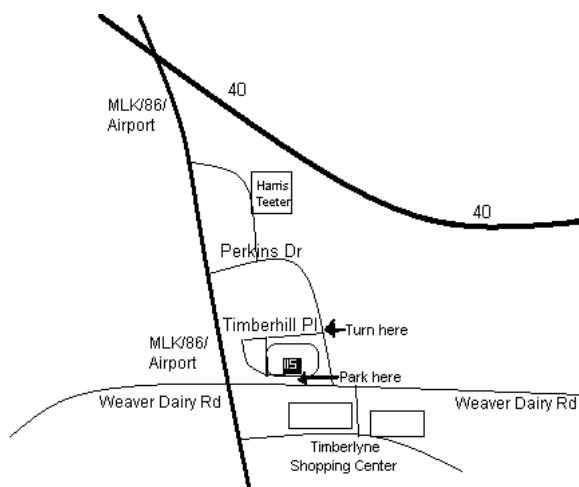
Jeanne Gresko, MS, CRC, LPC, has an MS in Rehabilitation Counseling from West Virginia University and is both a Certified Rehabilitation Counselor and Licensed Professional Counselor. She has received training in Mind/Body Medicine from the National Institute for the Clinical application of Behavioral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

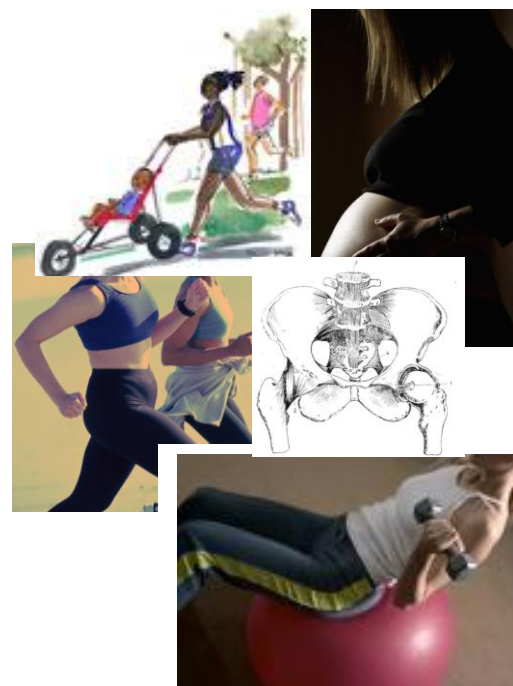
Monday through Friday 8:00 am to 5:00 pm
Saturday 8:00 am to 12:00 pm

Office Location:

115 Timberhill Place
Chapel Hill, NC 27514
Phone: (919) 967-5959
Fax: (919) 968-1478
Email: cptc@bellsouth.net



Women's Health Physical Therapy



Physical Therapy for Women

At Comprehensive Physical Therapy we recognize that women face unique health concerns across their life span deserving individualized treatment and care.

Specific areas of interest include:

The Pregnant and Postpartum Female:

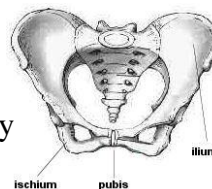
- Assessment and treatment of musculoskeletal pain and dysfunction related to pregnancy, childbirth, and infant care
- Pain control for women who cannot take non-steroidal anti-inflammatory medications.
- Sacroiliac joint dysfunction, pubic symphysis separation, low back pain, etc.
- Post-cesarean section rehabilitation
- Pre-natal and postpartum exercise programs
- Prevention and management of pelvic floor dysfunction



- Consideration of the individual needs of other patient populations: women who have disabilities, those with specific cultural needs, the pregnant athletes, the adolescent or older mother to be

Pelvic Floor Dysfunction:

- Chronic pelvic pain
- Stress and urge urinary incontinence
- Pelvic organ prolapse
- Sexual dysfunction related to muscle weakness, “overactivity” and/or pain syndromes



Other Common Women’s Health Concerns:

Bone Health:

- Physical therapy management of osteopenia, osteoporosis, and related health risks



Breast Health:

- Musculoskeletal dysfunction and pain following breast surgery

Adolescent Females:

- The female athlete triad: Education and healthy exercise program progression
- Sports medicine issues/injuries related to the female athletes

Our Approach to the Pelvic Floor:

- The pelvic floor has three primary functions including:
 - Urinary and fecal continence through sphincter function
 - Stabilization to the pelvic girdle, lumbar, and sacroiliac joints through dynamic and static stabilization
 - Sexual function
- Our therapists conduct an external evaluation of the pelvic girdle including an assessment of strength and flexibility of the following key musculature as it relates to the patients primary dysfunction:
 - Lumbar multifidi
 - Transverse abdominus
 - Pelvic floor- relaxation and contraction
 - Diaphragm/breathing patterns

For more information visit our website: www.cptc-nc.com or call for an appointment: 919-967-5959