

## Our Story

As a young teenager I was unsure of what occupation I wanted to pursue. Fortunately, when I was 15 years old I injured my back. I was unable to play sports or even sit down for a full school day for the better part of a year. At the time it was the most difficult obstacle I had encountered in my short life. Out of the many different treatments I had tried during that year, Physical Therapy proved to be the most instrumental in my recovery. Many hours and months of Physical Therapy helped me reach my goals. I was able to sit through a whole day of school and play sports again, even making the all-league football team my senior year in high school. What about now? I continue to do my exercises faithfully, I have not missed a day of work due to low back pain in my last 10 years as a therapist, and I was able to complete 2 marathons last fall.

At the time of my injury I was very frustrated, upset, and depressed at not being able to perform my normal activities. In retrospect, this experience has been vital to my growth personally and professionally. This experience gives me empathy; I draw on this experience to connect better with my patients. At times I have shared my story with patients to encourage them and bring them hope. Many people suffer from chronic pain without hope of any improvement. I use this experience to show people that it is possible to overcome the deficits of a long-standing injury.

There is also quality research that proves people can overcome the limitations of a chronic injury. For instance, many people suffer from chronic low back pain. A specialized treatment focused on improving function (not pain), strength, flexibility, lumbar stability exercises, and decreasing fear and anxiety can produce significant results in chronic low back pain patients. Two-thirds of chronic low back pain patients that received this treatment for 8-10 weeks had a greater than 50% reduction in disability and medication use with long term benefits of 30+ months<sup>1</sup>.

I want to pass it forward. Physical Therapy has helped me overcome my obstacles and now I get to use Physical Therapy to help others reach their goals. I take pride in obtaining a multitude of specialty certifications that gives me the knowledge and tools necessary for obtaining optimum results for the patient. My personal experience has motivated me to become the best therapist I can be, so that I may help others reach their potential.

Chittenango Physical Therapy's goal is to provide Chittenango and its surrounding communities with the highest quality physical therapy. We want to be an integral part of the Chittenango region by investing our time and resources in the people of the community. People who walk into our clinic are not just a patient, but individuals with frustrations, beliefs, and obstacles unique to that person. This is why we treat people not just injuries. We customize the treatments specifically for you and your goals.

In summary, Chittenango Physical Therapy hopes to serve you by providing quality and caring service for the next 35+ years.

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<sup>1</sup> Hides JA, Jull GA, Richardson CA. Long-term effects of specific stabilizing exercises for first-episode low back pain. Spine 2001;26(11):E243-8