

reward yourself with the benefits of physical therapy

there's no better time than spring
to feel better!

By Annette Pinder

"Injuries have the potential to sideline people for weeks, months or permanently, and can occur when participating in organized sports, fitness regimens, or following an accident. Recovering from incidents that impact mobility and range of motion takes time, but physical therapy (PT) can help the body heal and acclimate. PT is also great for healthy people," says Dr. Darlene Volmy, DPT, Founder and Director of the PT Department at the Community Health Center of Buffalo, Inc. (CHCB).

According to the American Physical Therapy Association, PTs are trained and licensed medical professionals experienced in diagnosing physical abnormalities, restoring and maintaining physical function and mobility, and promoting proper form for future activity. PT sessions can take place in hospitals, rehabilitation centers, fitness settings, and private practices.

Not only can PTs react to and treat an injury, but they can also teach exercises, stretches, and techniques to help prevent problems from occurring. However, physical therapy extends beyond disabled or injured people. PTs also help people to regain their mobility following surgery. They educate people on weaknesses in the body and help guide and correct poor body mechanics that cause pain. This way a person can make changes to prevent future pain and injury. "Rather than being reactionary, healthy individuals can take a proactive approach to avoiding pain and injury," says Dr. Volmy.

Knowing the important role of PT in treating their patients, CHCB, in 2018, invested in the construction of a comprehensive PT department on the fourth floor of its 34 Benwood Avenue location. PT services are provided to children, adults, pregnant women, the elderly, and to individuals who are physically disabled or dealing with chronic pain. With the primary goal of providing compassionate care and restoring quality of life, patients are offered a full spectrum of services, including a PT evaluation and assessment, manual therapy and modalities, massage therapy, pre- and post-operative care, sports rehabilitation, balance rehab, fall prevention, gait training, and weight loss and fitness training.

Dr. Volmy explains that CHCB sees patients who suffer from a range of conditions and require physical therapy for arthri-

tis and osteoarthritis; bursitis; chronic and acute pain; difficulty in moving certain body parts; difficulty walking; joint stiffness; low back pain and sciatica; those recuperating from major joint replacements and musculoskeletal injuries; muscle pain and spasms; neuropathy (nerve pain, numbness, tingling); post-operative surgical recovery; sprains and strains; vestibular dysfunction (dizziness and balance issues); and muscle weakness.

The most important aspect of CHCB's comprehensive physical therapy services is what Dr. Volmy calls empathetic treatment and expertise. "We are a talented team whose approach to treatment is evidence-based and patient centered, with a strong emphasis on therapeutic exercise, postural core stability, functional manual therapy, and movement."

The Community Health Center of Buffalo has locations in Buffalo, Cheektowaga, Lockport, and Niagara Falls. To learn more about the new state-of-the-art comprehensive Physical Therapy Department located at 34 Benwood Ave. in Buffalo, visit www.chcb.net, or call 716-986-9199.

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