

## What to Expect

### Your First Visit

During your initial evaluation at dbOrthoPT we'll review your medical history, current challenges and goals for physical therapy. You'll get a thorough explanation of our findings and your plan for recovery.

### Getting an Evaluation

Your evaluation may include Palpation, Range of Motion (ROM), Muscle Testing, Neurological Screening and Posture Assessment. We also conduct specialized tests to confirm/rule out the presence of additional problems.

### Developing Your Treatment Plan

After we document your problem areas, we develop a plan of action with your input on treatment procedures. This includes frequency of visits, home programs, patient education, short-term/long-term goals, and what is expected after discharge from therapy.

*" dbOrthoPT identified and corrected an " L5" problem that has plagued me most of my life."*

*Bob W, Long Branch*



*" After a thorough exam and planned course of action, my therapy resolved a string of muscle issues that I didn't know were even related. I would refer anyone I know to seek care with Dr. Bertone."*  
*Dana B., Holmdel*



### Begin a Lifetime of Feeling Good



After your course of treatment is up and you are on your way to recovery, we offer Gravity™ fitness classes that will help you continue on the path to a healthy, optimally functioning body. Call or visit [www.dborthopt.com/gravity](http://www.dborthopt.com/gravity) for a class schedule and demonstration video.



732 Newman Springs Rd.  
Suite 300  
Lincroft, NJ 07738  
732-747-1262

120 Craig Rd.  
Suite 2  
Manalapan, NJ 07726  
732-462-2162



# dbOrthoPT

*Physical Therapy that is personalized, cost-effective and evidence-based for fast, effective healing*



## About Us

At dbOrthoPT, we provide our patients high quality, cost-effective physical therapy services with proven results.

Our patients get the most up to date therapeutic programs through our commitment to continuing education, advanced treatment techniques, and state-of-the-art equipment.

In addition, our hands-on techniques facilitate pain relief and functional recovery, with an emphasis on preventing future injury. We'll design therapeutic exercise and home programs to help get you back to where you want to be.

## Why We're Different

- You get hands-on start to finish care in a unique solo practice setting by one doctor of physical therapy.
- Cost-effective, evidence-based treatment allows you to benefit from the most current research.
- Whether you are referred by your physician or come to us directly, you will be given the care you need to recover and the tools to prevent re-injury.



## Areas of Expertise

### Sports Therapy

Injured athletes from beginners to professionals get expert treatment. We also offer golf performance enhancement, concussion testing, pre-season sports screening programs and Gravity™ fitness classes.

### Pre and Post Operative Treatment

From protective healing to rehabilitation, we manage the entire healing process to optimize post surgical success. Working closely with your surgeon, we maintain all precautions and report your progress on a regular basis.

### Geriatric and Neurological Care

As a Medicare facility, we offer gentle and caring therapy for our well loved patients. This includes Parkinson's disease, osteoporosis, vestibular/ balance disorders and more.

### Work and Auto Injury

We use the most rapid course of treatment for patients injured on the job or behind the wheel. Pain is minimized, mobility restored and patients are quickly returned to full functioning.



### Concussion Management

We offer comprehensive concussion management programs which include baseline balance and neurocognitive testing to determine readiness for return to play, educational programs and post concussion rehab.

**Begin your recovery today.**

**Call us to schedule an appointment:**

**Lincroft 732-747-1262**

**Manalapan 732-462-2162**

## Our Therapists



**David Bertone, PT, DPT, OCS**

Dr. Bertone has been practicing for 25 years and is a Board Certified Orthopedic Clinical Specialist, Diplomate of the American Board of Physical Therapy Specialties and governor appointed member of the NJ Board of Physical Therapy Examiners. In 2008, he opened dbOrthoPT to provide patients a boutique style solo physical therapy practice specializing in musculoskeletal care. The success of the practice led to opening a second office in 2013.



**Jerry Moczerniuk, PT, DPT**

A 2009 graduate of the Doctoral Program in Physical Therapy at UMDNJ, Dr. Moczerniuk was appointed Clinical Director of the dbOrthoPT Manalapan office. Throughout his career he has focused on orthopedic rehabilitation utilizing the latest evidence based techniques. He is now offering his skills to Manalapan and the surrounding communities.