

Physical Therapy is Longtime Passion for David Bertone

By Ted Kaiser

LINCROFT— Recently opening his own practice has taken David Bertone's passion for physical therapy to new heights. After twenty-one years of practice, fifteen of which were at a multi-partner office, Mr. Bertone has opened up Orthopedic Physical Therapy, PC in Lincroft.

"I just wanted to do things differently and treat every patient myself so I can be involved in every aspect of their care," explains Mr. Bertone who is a 1988 graduate of New York University's physical therapy program. "It is important for people when they choose a physical therapist to choose one that's owned by the therapist providing treatment. There are other types of offices, but you need to make sure the patients are treated by a licensed physical therapist and not just receiving physical therapy."

Since October, the Lincroft practice has grown and former patients have returned, while new ones are signing up. Mr. Bertone is board certified in orthopedic rehabilitation so he maintains a focus on orthopedic and sports medicine. In particular, he enjoys working with high school and youth level athletes.

"I think it's an exciting population because they are very amenable to your recommendations. They do what you recommend and stick with it and that helps with the goals you set," says Mr. Bertone. "When younger athletes do have injuries, they are typical overuse injuries, so the therapy is about getting them prepared for their respective sport. I've recently seen an increase in grammar school athletes where they are much more advanced and tend to get the same injuries."

Mr. Bertone believes that younger athletes should not shy away from strength and conditioning training, however, it must be done the right way. Research shows that it's very beneficial for the younger age group to have some strength and conditioning and flexibility training to prevent overuse.

"The key is to have sports specific and functional training. That is more important than hardcore weight lifting," he says while citing the recent success of Marlboro natives Jason

Arminio Named AD in Toms River

By Ted Kaiser

TOMS RIVER— Earlier this summer, the Toms River school district named Joe Arminio as Athletic Director. Arminio has been in the district for over twenty years having served as a teacher, a football and girls' basketball coach and as an assistant principal. As Athletic Director, he will oversee the programs of three high schools including Toms River East, Toms River North and Toms River South. The district is home to some of Ocean County's most dedicated athletes and biggest sports fans.

"It's a very sports oriented community," explains Arminio. "The district is very competitive and the kids and coaches always live up to the challenges that they face."

While some might find it difficult to deal with the needs of three high schools with high enrollment, Arminio is happy to take on the job. "I'm just excited about the opportunity. I've always been involved in athletics my whole life. To have three different schools that are very competitive is exciting. It really is," says Arminio.

As the busy fall schedule is set to ramp up, the Athletic Director plans to make himself available to coaches, students and parents in the district for any circumstance that should arise. Arminio will be a busy man, but with the history and tradition of the Toms River schools he will get to see and work with a lot of great athletes and coaches during his time on the job.



David Bertone's physical therapy practice offers some cutting edge ways to perform strength and conditioning training, such as the Gravity system.

and Hunter Gorskie, who are Division I soccer players.

His new practice offers a unique program called Gravity. Gravity was developed by EFI Sports Medicine in San Diego. It utilizes the GTS machine, a gravity-training device that encourages functional exercise by using an individual's bodyweight as resistance. The GTS utilizes a cable and pulley system, a free-motion glide board and is adjustable to nine different levels of resistance. The Gravity System targets a multitude of health and fitness goals from muscular hypertrophy, toning and weight loss to joint and muscular rehabilitation and improvement of overall athletic performance.

"You can train in a way that cannot be reproduced by traditional weight lifting," he explains.

Mr. Bertone is also the current Vice President of the New Jersey Society of Independent Physical Therapists. He works to promote and protect independent practice of physical therapy in the state. In addition, he hosts a monthly health talk show called "You and Your Health" on Old

Bridge Township public access television. The show is a thirty minute feature with interviews on health related topics that affect the community and also raise awareness. To watch the show or for more information on Mr. Bertone's practice, please visit www.dborthopt.com or call 732-747-1262. The office is located at 732 Newman Springs Road in Lincroft.



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