

"Choosing the right Physical Therapist is important for your recovery."

DAVID BERTONE, PT, OCS

Board Certified Orthopedic Clinical Specialist
Diplomat American Board of Physical Therapy Specialties

Evidence based, cost effective rehabilitation

20 years of experience in the area of
Orthopedic Rehabilitation.



Strength Training Systems
Group Strength/Personal Training
Sports Performance Enhancement



732 Newman Springs Road, Suite 300
Lincroft, NJ 07738

732-747-1262

www.dborthopt.com



GRAVITY GROUP STRENGTH™. MORE CARDIO. LESS LARDIO.

GRAVITYGroup's™ low intensity cardio workout is the only fat-busting strength training class that keeps your heart pumping. **GRAVITY™: Feel the effect™**



**db Orthopedic
Physical Therapy, PC**

732 Newman Springs Road, Suite 300 • Lincroft, NJ 07738

732-747-1262

FREE PASS TO A GRAVITY GROUP SESSION*

Register online for class schedule www.dborthopt.com

*Must bring ad, limit one free session per customer (codeV702)

BUILDING THE CASE FOR STRONG BODIES PATIENT BY PATIENT - PHYSICAL THERAPIST DAVID BERTONE

By Lori Anne Oliwa

For physical therapist David Bertone, PT, OCS, president of db Orthopedic Physical Therapy in Lincroft, strength does not come in numbers, but arrives in abundance with individual attention. That, he stated, is the hallmark of his two-month old practice. The affable and energetic Bertone clearly has a passion for what he does. "Physical therapy is a one-on-one type of profession. The patient purely sees Dave Bertone when they walk in, which differentiates me from anyone else," Bertone stated. "I enjoy helping people regain their quality-of-life after injury, disease, or disability," he added. Bringing a total of 20 years professional experience to his state-of-the-art facility, Bertone is content in the private setting he has created. "For 15 years I was a partner in a multi-partner business and couldn't practice the way I wanted to. I believe that a physical therapist cannot treat multiple patients at once, and this is the philosophy I follow here," Bertone added.

Bertone is one of only seven board-certified orthopedic physical therapists in Monmouth County. "Not many physical therapists sit for that test, as the training is very rigorous. Unfortunately, most are not interested in professional growth," he stated. Bertone currently serves as vice-president of the New Jersey Society of Independent Physical Therapists, an organization that helps him stay informed of new developments which will benefit his patients. He is also a diplomat of the American Board of Physical Therapy Specialties. In his effort to educate the public, Bertone hosts a monthly cable television show in Old Bridge entitled "You and Your Health,"

which airs on the local access channel. "People who want experience are finding me," he added.

Regarding education, Bertone emphasized that there are misconceptions about the physical therapy profession which need to be corrected. "Physical therapy is not supervised exercise. It is a systematic, one-on-one approach for reducing pain, gaining mobility, and preventing injury," Bertone stated. "I don't want to see you back," he joked. Bertone also stated that people do not need a prescription from a physician to see a physical therapist. "I want to emphasize that. A physical therapist can save a patient time and money," Bertone added. Specifically, he cited an example of someone who is experiencing muscle pain or a sprained ankle. "The person would start improving immediately by seeing the physical therapist first and would totally avoid the waiting, the cost, the tests, the referrals, and the drugs. This is a proactive approach which brings faster results," Bertone said.

What happens after treatment is something that Bertone also addresses with his patients.

"What happens after treatment is just as important as what happens during treatment. Again, this is why education is so important. A physical therapist must take time to demonstrate to patients what they need to be doing on their own time to aid in recovery," Bertone added.

Listing some conditions that would necessitate treatment by a physical therapist, Bertone mentioned auto injuries, whiplash, neck pain, sports injuries, headaches, post-surgical rehabilitation, sciatica, herniated discs, leg pain, and arthritis. He referred to the company website,



David Bertone stands next to the gravity training system equipment

Continued on page 18

Weichert, Realtors®



Mary Mottola
Top Sales
Agent and Top
Producer for November



Linda Blevins
Top Listing
Agent for November

**Weichert,
Realtors®**



30 Ridge Road • Rumson, NJ
(Office) 732-747-8282
www.weichert.com

GLEBOCKI INCORPORATION

3 East Brook Dr. • Holmdel, NJ 07733

NO MORE LEAKS ROOFING COMPANY

Tel. 732.888.8119

*Specializing in custom shingle,
stone slate, copper and flat roofs.*

**LIFETIME NAVESINK
RESIDENCE GUARANTEE**

Let your neighbor do the job, get the Lifetime Residence Certificate of Guarantee and never in your life have a roofing problem again. NO COMPANY does such a thing — ONE and ONLY, YOUR LOCAL SPECIALIZED ROOFER with 26 Years Experience

**If your roof is
less than 25 yrs. old
"DON'T REPLACE, REPAIR."
We resolve any problems
in a professional way.**

- **INDOOR POOL**
- **ADDITIONS**
- **EXTERIOR WATERPROOFING FOUNDATIONS**
- **FIBERGLASS OR CONCRETE BALCONY REPAIR**
- **ALL KINDS OF SIDING**

Tel. 732.888.8110

We complete all phases included in indoor pool additions (also over existing pools) and heated gunite pool (lifetime guarantee) — Spa and Sauna, from architectural design to finish inspection.

**COME OVER and take
a look at what we
just FINISHED...**

3 East Brook Dr. Holmdel
Enjoy your pool all year round.

MARINE CORPS RESERVE TOYS FOR TOTS CAMPAIGN CONTINUES ITS MISSION

By Susan Murphy

Early in December, under the direction of Toys for Tots Coordinator Gunnery Sergeant Jack Santelli of 6th Motor Transport Battalion in Red Bank, volunteers and Marines continued to sort and box toys for children from infant to age 15. On one side of the drill deck were boxes labeled for specific ages in which incoming toys were placed. Requests for toys for certain ages were filled, placed on the other side of the drill deck and labeled for pick up by organizations or churches. Several volunteers helped to deliver the toys to various locations. All of the toys would be distributed by Christmas Eve to the many needy children in central New Jersey.

Gunnery Sergeant Santelli said he is grateful for the generosity of the individuals and businesses in the community who continue to support this Campaign.

"Their kindness is greatly appreciated by the Marine Corps Reserve Toys for Tots Program and by the organizations who receive the toys we collect. Thanks to everyone who has participated in our program. You have helped to make this Campaign a success."



On December 9, 2008, volunteers and Marines of 6th Motor Transport Battalion take a break from sorting toys for the 61st Toys for Tots Campaign to pose for a picture. They have been busy collecting and sorting toys since Thanksgiving.

DAVID BERTONE

www.dborthopt.com, for a complete listing of conditions and treatment modalities.

Though his practice is new, Bertone is instituting an innovative strength training program called the Gravity Training System, which will be available after January 1, 2009. He described the program as group fitness which is choreographed to music and conducted on specialized equipment under supervision of a physical therapist. "Up to four people can exercise at once, and each participant can work at his or her level of resistance while enjoying the camaraderie of the group," Bertone explained. "The system is designed to improve the strength of the entire body," he added. Bertone emphasized that the equipment can be adjusted to accommodate beginners up to advanced levels, thereby putting participants at ease. "The setting is unique and much less intimidating than the health club environment," Bertone mused. He added that the comfort of his facility is attractive and appealing and stated, "Personal training has become cost-prohibitive, and many people calling themselves personal trainers are not well-credentialed. Now people will be able to participate for \$25 per hour under supervision of a certified trainer." In addition, Bertone believes the program will benefit his patients and give them a more stimulating way to exercise. "I recommend that my patients enter an exercise program after physical therapy. This will fulfill that need in a more exciting way and bring faster results," he said in closing.

David Bertone can be contacted via phone at (732)747-1262 or via email at dbertone@dborthopt.com. The office is located at 732 Newman Springs Road, Suite 300, Lincroft.