

# About

## Our Team



### **Carol Stillman,PT, DPT, PHCOwner, Physical Therapist**

Carol founded Sutton Place Physical and Aquatic Therapy in 1998. Her personal mission is to ensure patients of all ages improve their health and overall well-being. Carol earned a Bachelor of Science degree in physical therapy from Ithaca College from the University of Southern California and most recently a Post Professional DPT.

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Currently, Carol is a member of the American Physical Therapy Association (APTA), is on the Board of the Arthritis Aquatic Academy of the APTA. Carol enjoys skiing, pilates, reading, taking culinary classes, travel and being a mom. Contact Carol at [Carol@suttonplacept.net](mailto:Carol@suttonplacept.net)

#### **Continuing Education Coursework:**

- Aquatic Therapy and Rehabilitation Institution Conference
- Certified Pelvic Health Physical Therapist- Evidence in Motion
- Herman and Wallace Pelvic Floor Function, Dysfunction and Treatment Level 1
- Mulligan Mobilizations with Movement
- Institute of Physical Art Functional Orthopedics One
- Essentials of Medical Screening
- Essentials of Pharmacology and Clinical Lab Tests
- Essentials of Musculoskeletal Imaging
- Management of Lumbopelvic Disorders
- Sexuality Considerations



Carol Stillman,PT, DPT, PHC Owner, Physical Therapist

## **Ben Musselman,PT, DPTSenior Physical Therapist**

Dr. Ben Musselman received his Doctorate in Physical Therapy from Hunter College (City University of New York C in Business Administration from Eastern Mennonite University. Ben has been treating patients with orthopedic, neuro diagnoses at Sutton Place Physical and Aquatic Therapy for over 7 years.

Dr. Ben Musselman received his Doctorate in Physical Therapy from Hunter College (City University of New York C in Business Administration from Eastern Mennonite University. Ben has been treating patients with orthopedic, neuro diagnoses at Sutton Place Physical and Aquatic Therapy for over 7 years. The therapy he provides is grounded in a M based approach. This approach emphasizes hands on mobilization of muscles and joints guided by extensive commun approach fits well with Sutton Place Physical and Aquatic Therapyâ’ s one on one structured treatment sessions. Ben extensive continuing education coursework in the discipline. Ben integrates into this approach some of the key therap total body alignment, and mindfulness that he has learned though Threes Physiyoga, and Ashtanga Yoga Shala works practice of yoga.

As a Senior Physical Therapist, Ben continues to contribute to a culture of professional excellence and commitment to

Contact Ben at [Ben@suttonplacept.net](mailto:Ben@suttonplacept.net)

### **Continuing Education Coursework:**

- Maitland-Australian Physiotherapy: MT-1 Essential Peripheral
- Maitland-Australian Physiotherapy: MT-2 Essential Spinal
- Maitland-Australian Physiotherapy: MT-3 Intermediate Spinal
- Maitland-Australian Physiotherapy: MT-ST Stabilization Training and Functional Rehabilitation
- Maitland-Australian Physiotherapy: MT-O Evidenced Based Diagnostic Orthopedic Evaluation
- Maitland-Australian Physiotherapy: MT-4 Differential Assessment and Clinical reasoning
- Maitland Geriatric Manual Therapy: MT-G Geriatric Manual Therapy
- ThreesPhysio: Introduction to the Physioyoga Global Method for physical therapists
- Ashtanga Yoga Shala Peter Greve: Ashtanga Yoga and the Movement System



## **Tony Pontecovi,PTPhysical Therapist**

Originally from Italy, Antonio received his Bachelor's Degree in Physical Therapy from the University of Rome. He has treated patients with orthopedic, neurologic, cardiologic, and oncologic diagnosis at the Fondazione Don Carlo Gnocchi, a hospital, for over eighteen years.

He is an expert in Aquatic Physical Therapy having worked in aquatics for many years and is a skilled manual therapist for the TMJ joint. Antonio also worked as a PT with the Italian national rowing team to prepare for the 2004 Olympics in Athens. He immediately started working in an outpatient Physical Therapy Center in Manhattan.



Tony Pontecovi,PTPhysical Therapist

## **Barbara Carbone,PT, MA Physical Therapist**

Barbara earned a Bachelor of Science degree in Physical Therapy from Hunter College and a Master of Arts degree in Physical Therapy from the City University of New York. She has worked in a variety of settings and is experienced in acute care, rehab, outpatient, cardiac rehab, and dance medicine. Barbara is a Certified Personal Trainer and a Certified Medical Exercise Specialist. She has taken courses in Kinesio Taping, Shoulder Rehab, Pelvic Floor Treatment, Mulligan NAGS and SNAGS, Exercise for Seniors, Pilates for Rehabilitation, Evidence-Based Examination of the Foot and Ankle, Working with Osteoporosis and Osteopenia, and TheraPilates Mat Class for the Fit Older Adult. Barbara believes that proper alignment and skilled exercise are crucial medicine for many clients, and she strives to incorporate optimal fitness into her clients' lives. Barbara has a keen sense of movement, and has studied ballet for most of her life, ran the NYC marathon, and is an avid swimmer. She recently joined our team in the newly developed Aquatic Program which is a dream come true for her. Barbara has expertise in rehabilitation and love of the medium of water for exercise and healing. Barbara is a volunteer with York College, a choreographer for youth musical theater productions, and in her spare time enjoys an active lifestyle with swimming, hiking, and spending time with her husband and two grown children. Contact Barbara at [Barbara@suttonplacept.net](mailto:Barbara@suttonplacept.net)

### **Continuing Education Coursework:**

- Certified Personal Trainer
- Certified Medical Exercise Specialist.
- Certified Kinesio Taping Practitioner®
- Mobilization With Movement: NAGS and SNAGS
- Pelvic Floor Certification
- Exercise for Seniors
- Pilates for Rehabilitation,
- Evidence-Based Examination of the Foot and Ankle
- Working with Osteoporosis and Osteopenia
- TheraPilates Mat Class for the Fit Older Adult



Barbara Carbone,PT, MA Physical Therapist

## **Maggie Zhang,PT, DPTPhysical Therapist**

Maggie Zhang earned her Doctorate in Physical Therapy from the University of New England and her Bachelor's Degree from the University at Buffalo. Maggie has experience treating patients with orthopedic, neurologic, and balance diagnoses. She has worked in various settings, including outpatient orthopedic, acute care, ICU, and nursing home.

Maggie enjoys traveling, hiking, working out, and eating different cuisines in her free time.

She is proficient in multiple Chinese dialects and is conversational in Spanish.



Maggie Zhang,PT, DPTPhysical Therapist

## **Nidhi Doshi,PTPhysical Therapist**

Nidhi earned her Bachelor's degree in Physical Therapy from Suresh Brahmakumar Bhatt College in India and her M.S. from MGH Institute of Health Professions in Boston. Since graduating, she has treated adult and pediatric patients in a variety of settings including hospitals, skilled nursing facilities, and a school. In these settings, she has gained experience with a wide range of neuromuscular conditions including joint replacements, neck and back dysfunctions, gait and balance disorders, cerebrovascular accidents, traumatic brain injury, and developmental disabilities. For four months, Nidhi was the lead physical therapist in the COVID-19 unit at Mount Auburn Hospital, which was the subject of a talk she gave to MIT Health Sciences and Technology students in June 2021. She has enjoyed traveling across five U.S. states and India.

Nidhi is thrilled to have recently joined the team to treat patients in the clinic and the pool through the Aquatic Program, an approach that focuses on realistic goals while still expanding potential. She is fluent in three languages and enjoys traveling through traveling.



Nidhi Doshi,PTPhysical Therapist

## **Maya Letourneau,PT, DPTPhysical Therapist**

Maya Letourneau earned her Doctor of Physical Therapy degree from Rutgers University in Newark and her Bachelor of Science in Physical Therapy from Temple University. She offers specialized services to treat orthopedic conditions including musculoskeletal conditions, post operative conditions, and is one of our aquatic physical therapists. She has advanced training in pelvis and abdominal conditions, men's and women's pelvic pain/pelvic floor dysfunction. Maya's passion includes helping people connect with their bodies and proper education to heal pain and improve quality of life. Maya has experience working in various settings including orthopedic, sports rehabilitation, pediatrics, acute care, and inpatient rehab.

Maya enjoys spending time with family, shopping, fashion, reading, exploring the neighborhoods and cuisines that NYC has to offer in her free time.

### **Coursework:**

- Herman and Wallace Pelvic Floor Level 1a
- Herman and Wallace Pelvic Floor Level 2a
- Herman and Wallace Mobilization of Gastrointestinal Visceral Fascia



Maya Letourneau, PT, DPT Physical Therapist

## **Huma Masood, Pilates Instructor**

Huma started her fitness career about 18 years ago when she was asked to teach PE class in a high school in Manhattan. She was a PE teacher there but had a lot more fun teaching a fitness class. Shortly after she decided to seek the knowledge and education in fitness, physically, and anatomically.

After teaching for almost a decade and growing each year with new skills she now holds many fitness certifications (SFAA, AFAA Group Exercise, and Pilates Reformer). She teaches Bollywood dance and Strength training classes in addition to Pilates.

Her passion for learning and sharing is infinite. Her teaching style is addictive, easy to follow, effective, anatomical, and fun. She sets goals in her class every single visit and will surely have some time left for fun.

Huma's personality is friendly, charming, and outgoing. Her classes are filled with equal parts fun, work and burn. You will be taller.

Her favorite quote is "Each new day is a new opportunity to improve yourself. Take it. And make the most of it."