

About

Our Team



Carol Stillman- PT, DPT Owner, Physical Therapist

Carol founded Sutton Place Physical and Aquatic Therapy in 1998. Her personal mission is to ensure patients of all ages receive personalized care so they improve their health and overall well-being. Carol earned a Bachelor of Science degree in physical therapy from Ithaca College, a Master of Science degree from the University of Southern California and most recently a Postgraduate Certificate in DPT from Evidence in Motion (EIM). She has served as Director of Physical Therapy at Doctors Memorial and Children's Hospital at Peachford Hospitals in Atlanta. Carol continues to expand her knowledge base and has expertise in pre and post-operative orthopedics, foot and ankle injuries, osteoporosis, fall prevention spine, pediatrics, older adults, sports medicine, aquatic therapy and breast cancer rehabilitation. In 2011, Carol was certified by The Hospital for Special Surgery (HSS) as a hip clinician. She is a certified Pelvic Health Physical Therapist. Carol has been a speaker for the American Physical Therapy Association (APTA), the American Hospital Association, the New York Road Runners, Excelsior Health Club, The Arthritis Foundation and New York University. She has also been interviewed on SIRIUS radio for 'Dr. Health' discussing Prevention and Osteoporosis.

Currently, Carol is a member of the American Physical Therapy Association (APTA). Carol enjoys skiing, pilates, culinary classes, travel and being a Mom to two active boys! Email Carol at 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



Ben Musselman- PT, DPT Senior Physical Therapist

Dr. Ben Musselman received his Doctorate in Physical Therapy from Hunter College (City University of New York Center) and his Bachelor's Degree in Business Administration from Eastern Mennonite University. Ben has been treating patients with orthopedic, neurologic, gait and balance and vestibular diagnoses at Sutton Place Physical and Aquatic Therapy for 15 years. The therapy he provides is grounded in a Maitland manual therapy and assessment based approach. This approach focuses on mobilization of muscles and joints guided by extensive communication between patient and therapist. This approach is used in well with Sutton Place Physical and Aquatic Therapy's one on one structured treatment sessions. Ben has studied this approach through extensive continuing education coursework in the discipline. Ben integrates into this approach some of the key components of yoga, such as breathing, total body alignment, and mindfulness that he has learned through Three Physioyoga Ashtanga Yoga Shala workshop coursework, and from his own personal practice of yoga.

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

Contact Ben at 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
- ThreePhysio: Introduction to the Physioyoga Global Method for physical therapists
- Ashtanga Yoga Shala Peter Greve: Ashtanga Yoga and the Movement System



Fanny Chan- PT, DPTPhysical Therapist

Fanny Chan earned her Doctorate of Physical Therapy and her Bachelors in Health Sciences from Drexel University. She has professional experiences in a variety of settings including acute care, outpatient orthopedic and neurological. She has attended the Christiana Care Annual Neurovascular Symposium, where she learned the latest research on acute CVA care. Fanny is currently working with patients with various neurological and vestibular disorders and creating programs specific to their needs. During her undergraduate education she spent time volunteering at a pro bono health clinic where she learned the importance of community in the healing process. She has also volunteered for at Mother Baby Connections working with post-pardum women. Fanny enjoys trying unique foods finds throughout the city.



Barbara Carbone- PT, MAPHysical Therapist

Barbara earned a Bachelor of Science degree in Physical Therapy from Hunter College and a Master of Arts degree in Physiology from Adelphi University. She has worked in a variety of settings and is experienced in acute care, rehab, cardiac rehab, home care, pre and post natal care, and dance medicine. Barbara is a Certified Personal Trainer and a Medical Exercise Specialist. She has taken continuing education courses in Kinesio taping, Shoulder Rehab, Pelvic Floor, Mulligan NAGS and SNAGS, Exercise for Seniors, Pilates for Rehabilitation, Evidence- Based Examination of the Foot, Working with Osteoporosis and Osteopenia, and TheraPilates Mat Class for the Fit Older Adult. It is her passion and belief that movement, proper alignment and skilled exercise are crucial medicine for many clients, and she strives to incorporate

goals to all clients, no matter what their fitness level. Barbara has a keen sense of movement, and has studied ball her life, ran the NYC marathon, participated in triathlons, and is an avid swimmer. She recently joined our team in the developed Aquatic Program which is a dream come true for her as a therapist; combining her expertise in rehabilitation with the medium of water for exercise and healing. Barbara is a volunteer with Yorkville Youth Athletic Association as a choreographer for youth musical theater productions, and in her spare time enjoys an active lifestyle with swimming, running, cooking, music, and spending time with her husband and two grown children. Contact Barbara at 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



Irene Hernández- MS, PT Physical Therapist

Irene Hernández is a physical therapist specializing in Pelvic Physical Therapy. She is an expert at treating pelvic floor and chronic pelvic pain for men, women, teens and children. She has extensive experience with pregnant and postpartum women and has a special interest in bringing female athletes back to their full potential after pregnancies.

Irene received her Physical Therapy degree in Spain, from Universidad Europea de Madrid, and her postgraduate degree in Urogynecological Physical Therapy from Universidad de Castilla-La Mancha in Spain. She is also a trainer and educator of Indiba Radio Frequency for Orthopedic and Pelvic Physical Therapy.

Irene started her professional life as a Software Engineer. She graduated from a six-year program in Spain, in Universidad Politécnica de Madrid in 1993, and worked in the IT industry for 15 years in Spain and the U.S. However, after exploring therapeutic solutions to minimize the pain she was experiencing from scoliosis and the pelvic discomfort, she chose to

to something she found more meaningful and become certified in Yoga in the Iyengar Method and study the Somatic awareness method with Bonnie Bainbridge-Cohen. This knowledge ultimately crystallized her decision to become a Physical Therapist, and later to specialize in Pelvic Physical Therapy.

Irene's unique approach to physical therapy and pelvic health marries her love of technology and algorithmic decision-making with her understanding of the body from the standpoint of improved awareness and sensory experience. Irene enjoys incorporating technology and body-mind knowledge into the therapeutic process to help improve body awareness and understand how different activities, posture, emotions, etc. may cause or aggravate symptoms. She is also a Pilates instructor, marathon runner, and swimmer.

The following is a summary of Irene's most relevant continuing education and related certifications:

- Physical Therapy Treatment of the Pediatric Patient, 2020: Carina Jones.
- Integrated Model Systems (ISM): Pelvis and Thorax, 2019: Diane Lee education. BC
- Pelvic floor functional ultrasound. 2 courses, 2015, 2018: Ruth Jones, Herman & Wallace
- Visceral mobilization courses VM1, VM2, 2017: Barral Institute, USA
- Dry Needling certification, 2015: Travell & Simons, Spain
- Maitland manual therapy, 2013: Fortema institute, Spain
- Hypopressive Method GAH1, GAH2, 2015: Marcel Caufriez, Spain.
- Stott Pilates Matt and Reformer, 2013: Akrostudio, Spain.
- Somatic Anatomy, 2008-9: Body Mind Centering Institute, USA
- Iyengar yoga training & IYNAUS certification, 2003-4: Iyengar yoga institute of San Francisco



Isha Mody- PT, MS, CESPPhysical Therapist

Isha Mody earned her Bachelor's degree in Physical Therapy from Manipal University in India and a Master's degree in Exercise Science with a focus on Nutrition from Long Island University in Brooklyn.

Isha's experience includes providing physical therapy at various practices both in New York City and in India. Isha has expertise in a wide range of orthopedic and neurological impairments including pre and post operative orthopedics, neurodysfunction, pediatrics, aquatic physical therapy and pelvic health. She has worked with pre partum women as well as preparation for delivery and taught prenatal exercise classes. She has treated women post partum for conditions like in diastasis recti. Through her time in India, Isha was part of the PT team dedicated to improving outcomes after hip and arthroplasties, at one of India's dedicated joint replacement hospitals.

In her free time, Isha enjoys connecting with nature with her rescue dog, Diane at Prospect Park, watching documentaries, Comedy Clubs and exploring NYC's culturally diverse vegetarian and vegan cuisines. She believes food and nutrition

integral role in health and wellness and an even bigger role in healing. She also volunteers for a local composting organization each week and believes in living a minimal waste environment conscious lifestyle. She is proficient in 3 Indian languages and is currently learning Spanish.

Continuing Education Coursework

- Functional Applications in Pelvic Rehabilitation: Part A & B
- Introduction to Male and Female Pelvic Pain
- Aquatic Physical Therapy for the Pregnant Client
- Understanding Endometriosis
- Certificate Course in Orthopedic Manual Therapy, India
- Certified in Revolution in Motion, Agoura Hills, CA
- Corrective Exercise Specialist, National Academy of Sports Medicine



Antonio Pontecovi PT Physical Therapist (Italy), Physical Therapy Assistant (U.S.)

Originally from Italy, Antonio received his Bachelor's Degree in Physical Therapy from the University of Rome. Before moving to the US, Antonio had been treating patients with orthopedic, neurologic, cardiologic, and oncologic diagnosis at the Fondazione Carlo Gnocchi, a renowned Rehabilitation Center in Rome 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 with expertise in the treatment of the TMJ. He also worked as a PT with the Italian national rowing team to prepare for the 2004 Olympics in Athens. In 2019, Antonio moved to the US and immediately started working in an outpatient Physical Therapy Center in Manhattan. We are excited to have him join our Place Physical and Aquatic Therapy. In His free time, Antonio enjoys running, swimming, biking and watching movies.

Continuing Education Coursework:

- Introduction to the theory and practice of the Feldenkrais method
- Functional sports bandage
- Introduction of the "three teams" method
- TOP postural osteopathic therapy, Philippe Caiazza
- Treatment of temporomandibular dysfunctions, Mariano Rocabado
- Treatment of the "Pompages" fascia
- Course of Hydrotherapy Mauro Calisti Alvaro Muzzi.



David Holmes- LMT Massage Therapist

David Holmes has been a Licensed Massage Therapist in New York City for over 20 years. David has worked at 5-star hotels, The Peninsula Spa, medical practices such as TRU Whole Care, and the American Ballet Theatre (ABT), helping keep dancers healthy. David has also worked on two of Madonna's tours and the Complexions dance company massaging the dancers. David specializes in Neuromuscular, Deep Tissue, and Swedish Trigger Point Therapy massage to address flexibility and all types of injuries.

David is also trained in Reflexology to reduce stress, help with insomnia, and alleviate digestion issues. In his spare time, David enjoys hiking and snowboarding.



Madelyn Freundlich Pilates Instructor

Madelyn Freundlich is a certified pilates instructor who has taught mat pilates and the pilates reformer for more than 15 years. She has worked with clients at the Vanderbilt YMCA and Asphalt Green, Upper East Side on the reformer both on a one-to-one basis and in small group classes. She carefully develops reformer sessions for each client based on client goals, strengths, and challenges, focusing on safety, alignment, and breath. Madelyn has a diverse fitness background and enjoys blending yoga, barre, and balance work into pilates sessions. Her continuing pilates education has broadened her teaching skills to include Pilates apparatus, including the Wunda Chair, the arc, and the tower. She enjoys working with clients of all ages and backgrounds and brings energy and commitment to clients' achieving their health and fitness goals. Madelyn holds master's degrees in exercise science and public health.

Her professional fitness background, in addition to pilates, includes:

- AFAA Group Fitness Instructor Certification
- AFAA Personal Trainer Certification
- IBBFA Barre Certification Level 1
- IBBFA Prenatal/Postnatal Barre Certification
- YogaWorks Yoga Teacher Certification and E-RYT 200 Yoga Alliance
- Aqua Yoga Teacher Certification
- Livestrong Personal Trainer Certification
- AEA Certified Water Fitness Professional Certification
- PRONatal Fitness Certificate: Prenatal and Postnatal Personal Training
- PRONatal Fitness Certificate: Prenatal and Postnatal Group Exercise
- ACE Advanced Certification Cancer Exercise Specialist
- TRX Certification