

What are patients saying
about Sutton Place?

"Always positive and upbeat."

"Wonderfully patient..."

"I'm running without pain!"

*"Thanks for helping me
to dance."*

*"I am walking with a great
deal less pain."*

*"I'm very satisfied with
the professional and
individual care."*

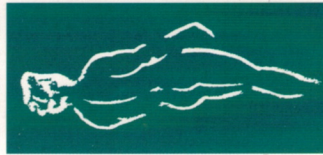
"I love this place!"

Sutton Place Physical Therapy



Where your best
is our goal

Sutton
Place



Physical
Therapy

333 East 56th Street
(between 1st and 2nd Ave.)
New York, NY 10022

Phone: 212-317-1600

Fax: 212-317-9855

Email: sutplacept@aol.com

Web Site: www.suttonplacept.com

Hours:

Monday-Thursday 7 am - 8 pm

Friday 7 am - 7 pm

Saturdays

Sutton Place Physical Therapy

At Sutton Place Physical Therapy, you'll discover unparalleled excellence in rehabilitative care. You'll find professionals with a passion for their work, a state-of-the-art facility and a uniquely supportive environment that encourages rapid progress and client independence.

Focus on the "Total" Patient

At Sutton Place our rehabilitative experts put the most effective treatment regimens to work for you on a wide range of injuries, illnesses and post-surgical conditions. But that's not the whole story. In order to achieve the best possible results, we focus on *total* patient well-being.

In addition to receiving top-notch clinical care, you'll receive service that is attentive, friendly—and personalized. We recognize and attend to the specific needs of each person who walks through our doors.



A Successful Journey

The road back to health often can be confusing and scary. But not at Sutton Place. We work hard to alleviate your fears by providing you with as much information as we can at each step of your treatment. We help you understand the full extent

of your injuries and provide you with a realistic picture of the healing process.

At Sutton Place, getting your body back to its optimal performance is our number-one goal.



Insurance Coverage?



■ Please call us at (212) 317-1600 and we will assist you in determining what your coverage is for outpatient physical therapy.

Commonly Treated Problems

- Runners' injuries
- Tennis Injuries
- Fractures, sprains, strains
- Post surgical
- Arthritis, bursitis, tendonitis
- Neck and back pain
- Overuse syndromes
- Osteoporosis
- Headaches
- Foot and ankle pain



Equipment

- Ultrasound
- Cervical and lumbar traction
- Isokinetic exercise and testing equipment (LIDO)
- Electric stimulation
- TENS
- Iontophoresis
- Paraffin
- Strength training Bikes
- Treadmill
- Balance training
- Biofeedback for muscle re-education



served as a triage captain for the New York City Marathon. Carol is a member of the American Physical Therapy Association (APTA) and the American College of Sports Medicine (ACSM).



Sutton Place Physical Therapy

333 E. 56th St. New York, NY 10022
212-317-1600

Carol Stillman, PT, MS Owner; Physical Therapist



Carol founded Sutton Place Physical Therapy in 1998 to provide the highest quality of client care in an atmosphere that encourages optimum

individual growth and empowerment. Carol earned a bachelor of science degree in physical therapy from Ithaca College and a master of science degree with specialization in pediatric physical therapy from the University of Southern California. She has served as director of physical therapy at Doctors Memorial and Charter Peachford Hospitals in Atlanta. Carol has a special interest in pre- and post-operative orthopedic management and women's health, and publishes articles and consults nationally on practice management issues.

Advanced Training and Professional Affiliations

Carol has many years of continuing education in orthopedics, spine, sports medicine, and women's health. She has been a speaker for the American Physical Therapy Association (APTA), the American Hospital Association, the New York Road Runner's Club, various health clubs and physical therapy schools. She has been involved with the Arthritis Foundation, Spina Bifida Association and the American Red Cross, and she has

(over)