

The Therapy Leader



Golden Bear Physical Therapy Sports Injury Center

Special points of interest:

- Ground Breaking Set for New Physical Therapy Clinic
- Doctor of Physical Therapy one of a kind in Stanislaus County
- Vision and Mission of Golden Bear Physical Therapy and Sports Injury Center

Locations

**1335 Coffee Rd
Suite 200, Modesto
576-1946**

**1130 Coffee Rd
Suite 6A, Modesto
576-1078**

**1729 N. Olive St
Suite 1, Turlock
667-1729**

**1400 Standiford
Ste 11, Modesto
576-1710**

Golden Bear Physical Therapy Breaks Ground on New Clinic

The growth of Modesto to the north and the demand for high quality physical therapy services in Modesto, prompted Golden Bear CEO Bobby Ismail, MSPT, to expand his operation so that many of his patients would not have to make a lengthy trip into Modesto.

The new Golden Bear Physical Therapy Clinic will be off Bangs Road, just behind the BMW dealership.

"This new clinic will be "state of the art" and the most advanced physical therapy center in the Central Valley," boasts Matt Willey, D.P.T, and clinic man-

ager. "Bobby Ismail has truly raised the quality bar in the Central Valley for Physical Therapy.

The 6700 square foot facility will include a temperature controlled pool for aquatic therapy. Currently aquatic therapy is offered on a limited schedule at various health clubs in the Modesto and Turlock area. This will be the area's first therapy center with a dedicated in-ground pool for therapy purposes.

In addition to this future expansion, Golden Bear recently opened a new clinic at 1335 Coffee Road. This



Bobby Ismail, MS, PT, CEO Golden Bear Physical Therapy and Sports Injury Center

second story facility is accessed via elevator or stairs and is managed by Stephen Toy, RPT. The expansions allow Golden Bear to dedicate its original home at 1130 Coffee Road to a Hand and Upper Extremity Therapy Center, managed by Jolene Anderson, Certified Hand Therapist.

Selecting Your Physical Therapy Provider - Choice vs Referral

Following orthopedic surgery, on the job injuries, or car accident patients often require follow-up physical therapy to complete the healing process. Most people are not aware that they have a choice in selecting their physical therapy

provider. Usually the only limiting factor is the insurance provider paying for the therapy.

The most important element in making the choice of a physical therapy provider is the quality of the therapists

who provide the care, and the systems in place to assure each patient gets personalized, hands on treatment. "We're not a shake and bake therapy center. Our patients trust us to get them the best possible results, and we do," says Bobby Ismail, CEO.



**Matt Willey, DPT
Clinical Manager
1400 Standiford**

Meet the Doctor of Physical Therapy

When Matt Willey was recovering from a bone crunching accident in a Naval hospital some years ago, he realized his dreams of being a nuclear engineer on one of the U.S. Navy's potent submarines was over.

Fortunately for him, his accident revealed to him the profession he was best suited for. While physical therapists helped Matt rebuild his body, Matt began rebuilding his mind to become the best physical therapist he could be. Today, Matt is the only

Doctor of Physical Therapy in Stanislaus County. He received his degree in physical therapy at the University of California. After interning for a local physical therapy practice Matt returned to Post Graduate School at Slippery Rock University in Pennsylvania where he received his doctorate degree.

Since returning to Modesto, Matt worked for another physical therapy practice and was the Rehabilitation Director at Modesto

Rehabilitation Hospital. "My heart just wasn't in corporate healthcare and just being an employee someplace," Matt says.

"At Golden Bear, I am an important part of a great team of therapists and professionals. I know what I do makes a serious difference in the lives of my patients and the other therapists who work for me." Matt is Clinical Manager at the Standiford Clinic. He and his staff will soon move to the new clinic now under construction.



**Steve Toy, RPT Clinical Manager
1335 Coffee Road**

The Professionals At Golden Bear

Golden Bear Physical Therapy and Sports Injury Centers provide a professional staff, a caring environment and state of the art equipment to assure you optimum recovery after injury or surgery. Patients receive hands on care from trained professionals and a treat-

ment program designed specifically with individual needs and goals. The therapist maintains close communication with the patient's physician throughout the duration of their therapy. Our team includes rehabilitation specialists in orthopedics, occupational therapy sports

physical therapy, athletic training, and manual therapy.

Our experience and dedication makes us uniquely qualified to address a full spectrum of patient's needs.



**Jolene Anderson, OT, CHT
Clinical Manager, Hand Therapy**

It's the Hands That Matter

Nearly all of us start out our lives with two magnificent working tools, our hands. They are a harmonious balance of power and precision blended together for creative expression of who we are and what we do.

Sometimes hands get injured either through accident,

repetitive motion or arthritis. When that happens, we are seriously debilitated, making simple tasks such as tying shoes, buttoning blouses or even using the remote control nearly impossible.

Even when surgery is possible, therapy is almost always required to return the hands

to functional capacity. That's where Jolene Anderson, Certified Hand Therapist and Occupational Therapist and her staff of professionals start to work.

Located at 1130 Coffee Road, Suite 6A, in Modesto the Golden Bear Hand Therapy Clinic is dedicated

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Aquatic Therapy Benefits Are Numerous

Aquatic therapy carefully integrates therapeutic exercise with the hydrodynamic principles of water and is continually supervised and directed by a licensed physical therapist. The goal is to appropriately use the water to assist the patient to attain functional independence. Water provides the perfect environment for rehabilitation of the total body as it reduces and/or eliminates gravity. The physical properties of

water also can be utilized in assisting, supporting, or resisting movement.

Benefits of aquatic therapy include:

- Decreased weight bearing
- Reduced muscle spasm
- Decreased edema
- Decreased pain
- Increased activity
- Range of motion
- Increased strength and endurance
- Increased flexibility

Currently aquatic therapy is available offsite, and will soon be available at the Bangs Avenue location. The Golden Bear Physical Therapy aquatic therapy program is under the supervision of Anthony Salafia, a certified aquatic therapist and registered physical therapist. "As we age, some of us need therapy that has less stress associated with it," he says.

"Our new center will be an awesome improvement in terms of our hours of operation".



Turlock Clinic Gets New Manager/Staff

When people say that Anthony Salafia has an attitude, they're speaking positively. That's why Bobby Ismail, CEO of Golden Bear Physical therapy hired him. "He's a perfect fit for us in Turlock. In addition to being a Turlock resident, his core values are the same as our organizational core values," Ismail says.

"Many people have skills and knowledge, we seek people who have positive attitudes, healthy habits and strong core values. Anthony fits Golden Bear very well".

Anthony has strong academic qualifications as well. He received his BS in Physical Education from Cal Poly, San

Luis Obispo in 1988, a BS in Physical Therapy in 1994 from Daemen College in New York, and an MA in Phys Education from Cal State Stanislaus.

What he likes most about physical therapy? "Building trusting relationships and having positive outcomes."



**Anthony Salafia, PT
Clinical Manager
Turlock Clinic**

It's the Hands That Matter Continued from bottom of previous page

to working with hands, elbows and upper extremities. Golden Bear also provide Hand Therapy in Turlock at 1729 N. Olive Avenue, Suite 1.

Hand therapy helps a patient regain maximum use of his or her hand after injury, surgery or the onset of disease. Treatment is provided by a

certified hand therapist, someone who is first trained as an occupational or physical therapist and then receives additional training in hand therapy. Hand therapists teach exercises, apply modalities and create custom splints to help the hand heal and protect if from additional injury. For appointments in Modesto call 576-1078, in Turlock, 667-1729.



Diane Trainque, COTA, Jolene, Rosio Serna De Tores, COTA.

Insurance Affiliations and Medicare Certification

Golden Bear Physical Therapy and Sports Injury Centers are Medicare Certified and affiliated with some managed care plans. Our centers are accredited with the highest level of Medicare certification available for outpatient physical therapy. Our staff works with each patient on an individualized basis in filing all insurance and Medicare claims. We are providers for most Workers Compensation carriers as well. Patient referrals to Golden Bear can be made by your physician, insurance carrier, and rehabilitation specialist or by patient request. If you have any questions regarding Medicare coverage or your insurance benefits, please contact one of our centers or: 604-0013.

From the CEO:

I would like to take this opportunity to thank the Central Valley Community for their consistent support to our quality therapy centers. Your support has allowed us to expand our quality services and add convenient locations to better serve you. The wide range of services we provide make us the most comprehensive physical therapy provider in the valley. I'm committed to providing our communities with state of the art clinics and unique services that raise the quality of physical therapy care. Since 1981, Golden Bear Physical Therapy has always endeavored to provide the most qualified, competent staff to serve you. We welcome your comments and invite you to visit our website at www.goldenbearpt.com

Bobby Ismail, MSPT, CEO

Chicken Soup for The Golden Bear Soul

"I have been sending patients to Golden Bear for 10 years. The personal attention they receive, the caring, hands-on approach to rehabilitation, and the compassionate and thorough attitude of the staff is reflected by the superior results they consistently achieve. The entire staff at Golden Bear fosters a positive attitude for patients that not only motivates them to work hard at their rehabilitation; it also makes hard

work fun. When my orthopedic patients really need physical therapy, this is where they go."

**- Michael Purnell,
M.D., Orthopedic
Surgeon OrthoMed
Center, Modesto**

"Thank you very much for all that you have done to help my mother regain her strength and her ability to walk. Most of all, thank you for showing her that she could do it!"

**- Maria Nicholas,
Patient's Daughter**



Our goal is to assure that each patient has specific and attainable goals.