

Brian Beatty Brian received his physical therapy degree from the University of North Carolina – Chapel Hill. He is a certified Feldenkrais Practitioner and certified as a Strength and Conditioning Specialist. Brian's interest areas include spinal pain and dysfunction, chronic pain syndromes and endurance sports.

Rob Schneider Rob received his Physical Therapy degree from Boston University, along with his certification in Athletic Training. He received a Masters degree in Human Movement Sciences with an emphasis in Orthopedic Physical Therapy from the University of North Carolina at Chapel Hill. Prior to joining Balanced Physical Therapy, Rob spent 12 years traveling with and treating Tar Heel athletes on the football, wrestling, men's lacrosse, women's golf, and field hockey teams.

Robert Mitchener Robert received his masters in physical therapy degree at the University of North Carolina at Chapel Hill. He has spent several years working with young adults and infants as a pediatric PT. He is a certified Feldenkrais Practitioner and enjoys using his Spanish to serve the area's growing Latino population. *Se Habla Espanol.*

Valerie Collins Val received her physical therapy degree from the University of Connecticut in 1983. She is a Certified Lymphedema Therapist by the Academy of Lymphatic Studies. She is a member of the Geriatric and Oncology sections of the American Physical Therapy Association. She has a special interest in assisting individual's in maximizing the return to normal life after illness.

Catherine Duncan Catherine received her degree in Physical Therapy from Georgia State University after earning a Bachelor of Science in Sports Medicine at the University of Virginia. She has more than 10 years of experience working with professional, collegiate, and amateur athletes. Her areas of expertise and interest include manual therapy, women's health/post partum recovery, sports rehabilitation, and orthotic casting and fitting.

Courtney Neupert Courtney received her doctorate degree in physical therapy at Duke University after earning a BS in Exercise Science at Rutgers, where she was also a scholarship athlete. Her interests include functional biomechanics, manual therapy, sports injury prevention, and strength and conditioning. She is also certified in Z Health, which is an integrated, movement based approach to musculoskeletal dysfunction.

Rob Wiese Rob earned his BA degree from the University of Notre Dame and his Masters degree in Physical Therapy from the University of North Carolina at Chapel Hill. He is a certified Strength and Conditioning Specialist. His areas of expertise and interest include orthopedic, sports injury, and spine rehabilitation, and manual therapies.

Insurance

Balanced Physical Therapy is a Network Provider for Blue Cross Blue Shield, Medicare, Workers Compensation, Private Healthcare Systems (PHCS), Health Care Savings

Payment

Balanced Physical Therapy's services are covered by most insurance companies. Because of the changing nature of insurance coverage, we verify insurance coverage prior to office visits. Physical therapy services do not require physician referral in North Carolina. For information about specific coverage, contact our Practice Manager, Anne Marie Schneider at our office or write amschneider@balancedpt.com. To discuss other payment arrangements, contact Balanced Physical Therapy directly.

Contact Us

Carrboro Office	919.942.0240
Carrboro Fax	919.942.0280
Durham Office	919.806.2308
Durham Fax	919.806.2308
Brian Beatty	919.602.1271
Rob Schneider	919.656.8151
Valerie Collins	919.740.5202
Catherine Duncan	919.923.3625
Robert Mitchener	919.593.3643
<i>Se Habla Español</i>	
Anne Marie Schneider	919.244.4947
Rob Wiese	919.414.9010
E-mail	info@balancedpt.com
Web site	www.balancedpt.com

Locations

Balanced Movement Studio
304 W. Weaver St., Suite 103, Carrboro

Fitness World, Homestead Market
271 W. NC Highway 54, Durham



*Everyone
has the
power
to heal
themselves.*

Brian Beatty, PT, CFP
Rob Schneider, MS, PT, ATC
Valerie Collins, PT, CLT
Catherine Duncan, PT, ATC
Robert Mitchener, MPT, CFP
Courtney Neupert, DPT
Anne Marie Schneider, OT, CHT
Rob Wiese, MPT, CSCS

Carrboro • Chapel Hill • Durham
www.balancedpt.com

Se Habla Español

We give you the tools to move beyond pain

Our Philosophy

At Balanced Physical Therapy, we combine our expertise in movement and pain with our philosophy of compassion and respect. We believe everyone has the capacity to heal themselves—we simply provide the opportunity and tools for you to achieve your goals. Physical problems exist beyond the body, impacting many aspects of a person's life. With our help, you can reclaim your body's potential, and learn skills to maintain your well-being.

A Personal Approach

The first time you visit, we'll do a complete evaluation to help you and the therapist understand what is causing your limitations. We'll discuss the findings with you, then tailor a program to your goals. Specific and realistic objectives are integral to the physical therapy process, and identifying those objectives should be a cooperative process. Each time you visit, you'll get an hour of personal attention from a physical therapist who understands the relationship of mind, body and spirit. Sessions are customized to meet your needs.

Services Available

Rehabilitation Programs

Several sessions each week focus on pain relief, then transition to less-frequent visits until normal activity is restored.

Consultations

Program design or modification to address recurring pain from specific activities or to change habits that cause pain.

Medical Condition Management

A tailored program with regular follow-ups, modified and adapted as you progress, to improve your quality of life and level of activity.

Lymphedema and Edema Management

Complete decongestive therapy program including Manual Lymph Drainage, compression therapy, education and exercise.

Work Conditioning Program

Individualized programs to address the limitations preventing a person from returning to work.

Office Ergonomic Consultations

On-site evaluation, educational programming, modification suggestions, and task-specific movement re-education.

Functional Capacity Evaluations

Detailed job or disability related assessments.

Conditions addressed

- Spinal pain: Neck, lower back, arm or leg pain
- Surgical rehabilitation or post-rehabilitation in cases where full function has not been restored
- Shoulder problems: Tendonitis, impingement, rotator cuff
- Hip, knee and ankle
- Wrist, elbow, carpal tunnel or other arm pain syndromes
- Arthritis, osteoporosis and Multiple Sclerosis management
- Balance training and fall prevention
- Sport-specific training
- Computer overuse problems
- Headaches and jaw pain
- Stroke recovery
- Chronic pain, fibromyalgia and RSD
- Sports injuries