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Beyond Basics Physical Therapy Newsletter

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INSIDE THIS ISSUE:

Acupuncturist and Physical Therapist, Paula Haberman joins Beyond Basics Physical Therapy 1

Amy Stein, MPT gets certified in Biofeedback (continued) 2

BBPT Staff NEWS: Roseanne Cruz, DPT is training for Lymphedema Certification 2

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HAPPY AND HEALTHY NEW YEAR!

Amy Stein Wood, MPT received Biofeedback Certification

Wheat Ridge, CO - The Biofeedback Certification Institute of America (BCIA) is pleased to announce that Amy Stein Wood, MPT has become certified in Pelvic Muscle Dysfunction Biofeedback. Amy joins an elite group of professionals who have met the education, clinical and exam criteria required in order to become a certified provider of pelvic muscle dysfunction biofeedback services to treat elimination disorders and pelvic pain syndromes.

Amy Stein Wood, MPT has a practice that provides services to men,

women and children suffering from pelvic floor dysfunction, pelvic pain,



Amy Stein Wood receives BCIA certification in pelvic floor rehabilitation.

bowel disorders (including irritable bowel syndrome, constipation, etc) and incontinence. Amy has had wonderful

success in treating pelvic floor dysfunction and utilizing biofeedback for over 7 years.

Certification demonstrates professionalism and adherence to carefully developed standards as a health care provider. Procedures are consistent with the Department of Health & Human Services Guidelines, giving credibility and evidence that practitioners maintain knowledge and skill levels. Health care professionals who achieve BCIA Certification demonstrate commitment to professionalism by completing basic degree and educational requirements, learning

Beyond Basics Physical Therapy Welcomes Paula Haberman, Acupuncturist and Physical Therapist

Beyond Basics is pleased to welcome Paula Haberman, PT., L.Ac., who now offers acupuncture services in our office. She is a board certified and New State licensed Physical Therapist and Acupunctur-

ist specializing in sports and dance injuries, pain management, trigger point and myofascial release, postural realignment, G.I disorders and pelvic pain. She writes and teaches courses to both Physi-

cal Therapists and Acupuncturists and is an approved provider to grant Continuing Education credits by both the NCCAOM (National Certification Commission of Acupuncture and Oriental Medi-



Acupuncture for all types of musculoskeletal and neurological disorders.

Paula Haberman joins Beyond Basics Physical Therapy

Continued from page 1

cine) and the APTA (American Physical Therapy Association). Acupuncture used in conjunction with physical therapy has been found to be an effective treatment combination for chronic pelvic pain for both men and women. Acupuncture facilitates the release of long standing muscle shortening and trigger

points, is calming to the nervous system, increases circulation, and releases endorphins. It is also effective in diminishing the continual nociceptive input that leaves a pain sensory memory in the central nervous system – a major factor in chronic conditions.

Ms. Haberman's particular style of acupuncture

incorporates her Physical Therapy skills and includes muscular rebalancing of the entire pelvic region.

For more information please visit our website www.beyondbasicsphysicaltherapy.com and click on acupuncture.

Amy Stein Wood Receives Biofeedback Certification

Continued from page 1

to apply clinical biofeedback skills during mentorship, and passing a written examination.

The Biofeedback Certification Institute of America (BCIA) is the only institute recognized worldwide granting certification to biofeedback

practitioners. BCIA was established in 1981 with the mission of protecting the general public by establishing strict standards for biofeedback practitioners.

Currently, more than 1,500 health care professionals have achieved certification in general, EEG, or pelvic

muscle dysfunction biofeedback. Many clinicians have more than one certification. For more information, visit the BCIA website at www.bcia.org.

Insurances that the Physical Therapists accept: Aetna, Cigna and United Healthcare PPO and POS plans.

BBPT Staff NEWS: Roseanne Cruz, DPT is training for Lymphedema Certification. Keep up the good work!!

