

BrownStone

PHYSICAL & ATHLETIC
THERAPY TRAINING

BrownStone Physical Therapy offers a full range of physical therapy services executed with kindness, care and patient attention in mind. With a proactive approach, the BrownStone Physical Therapy staff ensures that your rehabilitation experience will be rewarding and successful. Our one-on-one sessions will get you moving again and feeling better as quickly as possible. We're your local expert for: Back/Neck Pain, Sprains/Strains, Tendonitis, Sports Rehab, Post-Surgical Rehab, Foot Problems and much, much more!

BrownStone Physical Therapy is an outpatient, private-practice, physical therapy office with locations in Macedon, Newark, and Victor, NY. Founded in 1994 by Clarke Brown, BrownStone has become an integral part of the Rochester area system of health care. We have served our local communities and patients with unmatched care and kindness since our doors opened in 1994. We welcome your questions, comments, and invite you to use this site as a source of medical information and help. All patients at BrownStone receive personal care from DPTs (Doctors of Physical Therapy), which may not happen at other physical therapy offices.

Our mission is to assist in the care and prevention of orthopedic and musculoskeletal injuries, athletic and non-athletic alike. With the latest research as our guide, we use current rehabilitation techniques and state-of-the-art medical equipment to restore and maximize function. Our strongest asset is our staff that is comprised of some of the most highly credentialed professional physical therapists in the area.

WHY GET PHYSICAL THERAPY AT BROWNSTONE?

- **You can see a physical therapist without a prescription from a Physician**
- **Physical therapists will provide you with a diagnosis for your condition**
- **Physical therapists are the experts in exercise prescription**
- **Physical therapists perform spinal manipulation**
- **Physical therapists can help industry lower worker's compensation claims**
- **You can see a physical therapist to stay well, enhance performance, maintain independence, and prevent injury**
- **Physical therapy actually prevents falls!**
- **Our physical therapists treat patients of ALL AGES for low back/neck pain, headache, sprains/strains, knee pain, shoulder pain, post-surgical rehab, tendonitis, tennis/golfer's elbow, foot pain, ankle sprains, weight loss, exercise programs, stroke, MS, Parkinson's, balance problems, etc.**
- **Part of the BrownStone is providing our patients with the ability to see Doctors of Physical Therapy during *every visit.***

We are personally invested in your recovery.

WHAT TO EXPECT ON YOUR FIRST VISIT TO BROWNSTONE:

- **Your initial evaluation may last up to an hour and a half.**
- **Wear comfortable clothing or bring them with you to change into, so we can access the area in need of treatment.**
- **You may bring your kids. Just let us know ahead of time.**
- **Family members can stay and watch the entire evaluation and treatment if they wish.**
- **The clinic can sometimes become very busy and fun, like your house during holiday family celebrations.**
- **We encourage a nurturing and interactive environment where you can fully recover your functional needs.**
- **If you have special requirements, call us and we will do our best to accommodate you.**

You may need to fill out paperwork if necessary

NEWARK'S THERAPISTS



CLARKE BROWN, DPT, OCS, ATC

Clarke has owned and operated BrownStone PT for over 20 years. His credentials include a certification in strength and conditioning, a license in Athletic Training, and the founder of a national training center for long distance running. Besides a physical therapy business, Clarke also manages 10 athletic training contracts with area high schools. He is very active in multiple civic and professional associations, locally and nationally.



MATT KEARNS, PT, DPT, CERT. DN, CERT. SMT, DIP. OSTEOPRACTIC

Matt attended Marion Jr.-Sr. high school and went on to become an alum of Daemen College (Amherst, NY) where he received his Doctorate in Physical Therapy. Upon graduation, Matt began working as a physical therapist at BrownStone. Since, graduating Matt returned as a professor at Damen College where taught gross anatomy for 3 years in the Physician Assistant, Physical Therapy, and Athletic Training programs. In 2014, he returned to the BrownStone Clinics full time and began his pursuit of a post doctoral diploma in Osteopractics. In 2015, he earned his post doctoral diploma in osteopractic and became a Fellow of the American Academy of Othropedic Manual Physical Therapists. Included in his post doctoral training was advanced training in spinal manipulation and soft tissue mobilization (IASTM). Matt attended Marion Jr.-Sr. high school and went on to become an alum of Daemen College (Amherst, NY) where he received his Doctorate in Physical Therapy. Upon graduation, Matt began working as a

physical therapist at BrownStone. Since, graduating Matt returned as a professor at Damen College where taught gross anatomy for 3 years in the Physician Assistant, Physical Therapy, and Athletic Training programs. In 2014, he returned to the BrownStone Clinics full time and began his pursuit of a post doctoral diploma in Osteopractics. In 2015, he earned his post doctoral diploma in osteopractic and became a Fellow of the American Academy of Othropedic Manual Physical Therapists. Included in his post doctoral training was advanced training in spinal manipulation and soft tissue mobilization (IASTM).



ANDREW ENGELBACH-SCHAFFER PT, DPT

Andrew graduated in 2014 from Daemen College with his Doctorate in Physical Therapy. Andrew is an avid athlete, having competed as a Division I swimmer at the University of Buffalo. In addition he coached the masters swim team at University at Buffalo for 4 years, has coached nationallevel triathletes, and was a member of the Buffalo Bills strength and conditioning coaching staff. Andrew brings his passion as an athlete to rehab and helps bridge the gap between injury and fitness. He enjoys swimming, biking, running, coaching, and working with athletes of all ages.

THE STAFF AT OUR NEWARK OFFICE WILL TAKE THE TIME TO SHOW YOU KINDNESS AND BRING YOU PERSONALIZED PHYSICAL THERAPY CARE TO HELP ON YOUR ROAD TO RECOVERY.

Our Newark office brings evidenced-based therapy to central Wayne County! It is conveniently located on Cannery Row Plaza, easily seen from Route 31. Come visit our fun and friendly staff of physical therapists.

We don't place time restraints on appointments like other practices do. If your therapy needs require longer than an hour, we're happy to accommodate. BrownStone focuses on making your total recovery time faster, not dragging it out and getting the most appointments out of you as possible.

We look forward to seeing you at your appointment time and we will do our best to accommodate walk-in patients.

BrownStone Physical Therapy accepts virtually all forms of medical insurance. Call us if you have any questions about your insurance carrier. On your initial visit, please bring all required referrals and/or prescriptions. We accept cash, check, or credit as forms of payment.

CONTACT US FOR AN APPOINTMENT

Phone: 315-331-3784

Email: brownstonephysicaltherapy@gmail.com

Facebook: Team Brownstone

Website: www.brownstonept.com

ATHLETIC TRAINING

BrownStone Physical Therapy is a proud provider of Athletic Training services to a number of local schools and sports organizations. We provide NATABOC certified and New York licensed athletic trainers to supervise all contracted school sporting events and to assess, treat, and rehabilitate injuries an athlete sustains during athletic competition. If you are interested in enlisting the services of our outstanding staff of Certified Athletic Trainers, please call or email us and we will be happy to talk to you!

Our athletic trainers can help you achieve your full athletic potential. Let us show you why athletes, parents, and coaches trust BrownStone Physical Therapy with their sports medicine needs. ***Athletic injury risk screenings are available for free to all of our athletes.***

OUR SERVICE PHILOSOPHY

The staff at BrownStone Physical Therapy practices with an evidence based approach incorporating proven treatment techniques with novel ideas and creative functional approaches. We have a well-rounded professional staff with some of the best physical therapists and athletic trainers in the Western New York area. You will be treated by skilled clinicians with years of practical experience and innovative cutting edge evidence based practice techniques.

The athletic trainers work exclusively with athletes for injury prevention as well as injury rehabilitation and help the athletes to reach and surpass their athletic potential. All members of the staff are licensed, some with credentials including orthopedic specialist, certified exercise specialist, performance enhancement specialist, doctorate of physical therapy, and certified athletic trainer.

