

Healing starts at Momentum Physical Therapy of New Paltz

Always one-on-one

1 hour sessions

Flexible scheduling

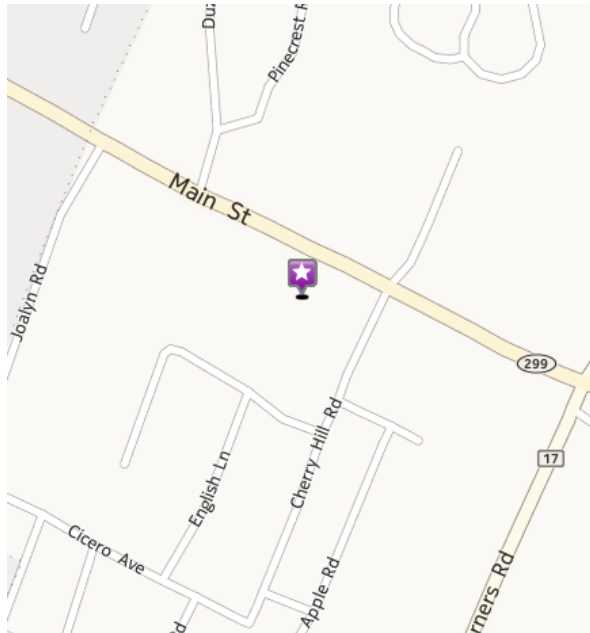
Evidence based treatments

Manual therapy focus

Customized plans

Running analysis

Full access to Ignite Fitness during treatment



What clients are saying:

“...it is now three years later, and my shoulder is stronger than ever. I have not had any issues or concerns in the gym, or enacting daily life activities, nor do I need to adjust my lifting to compensate for my shoulder...”

-Brandon G.

“The treatments he uses are producing immediate and yet lasting results. He explains to me in a very simple way why the treatments he uses are working. This information is quite refreshing and I must admit his confidence in what he does gives me great hope in eliminating all the pain that I have dealt with for over seven years.”

-Kemble S. Matter

“For over a year, I was having hip pain that no one could explain or remedy...Immediately after assessing my pain, Greg demonstrated a few exercises that he thought might help to add to my daily regimen. I felt results very quickly! My pain began to disappear and I also saw an increase of my range of motion and flexibility!”

-Amanda R.



Move Better.

Feel Better.

Live Better.

Greg Cecere PT, DPT

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Momentum Physical Therapy of New Paltz is an outpatient physical therapy clinic in the village of New Paltz, NY owned and operated by Dr. Greg Cecere.

Who is Dr. Greg Cecere?

Greg is a board certified Doctor of Physical Therapy who earned his degree at the University of Delaware. Prior to his graduate work, he attended Binghamton University where he earned a bachelor's degree in biological sciences and interned in the sports medicine department, working primarily with the men's and women's cross country running and track and field teams as a student trainer. After graduating from the University of Delaware, he joined NY Orthopedics in NYC, headed by noted orthopedist Dr. Stephen Nicholas, to usher in its only physical therapy office to date. Not only was he able to launch his career in orthopedics and sports medicine in an exceptional setting of rehabilitation, research and medicine, he was able to continue expanding his knowledge and skill set alongside a very talented physical therapist, Chris Johnson.

With two years of experience under his belt, Greg decided to pursue a very unique opportunity as a traveling physical therapist. Over the course of a year and a half, he completed five different job assignments in Palm Springs and Salinas, CA, Puyallup and Auburn, WA, and Leonardtown, MD, each lasting three months. The exposure to several different outpatient orthopedic

clinics throughout the country allowed Greg to practice and hone his craft even further. His various clinical and administrative experiences also factored into his decision to open his own practice upon returning to his hometown of New Paltz, NY.

Greg's Philosophy

Greg's treatment philosophy began during his tenure as a student athletic trainer in the sports medicine department at Binghamton University. It was there that he learned to appreciate the science and art of taking care of an entire team while simultaneously customizing plans for individual athletes as each injury presents its own unique challenges. Since then, his philosophy has evolved as a result of the accumulation of experiences he has had in classrooms, labs, clinical internships, and as a practicing physical therapist.

In each of these experiences, Greg strives to extract the best information, knowledge and techniques to adapt his craft so that he can provide the most current and effective course of treatment for his clients. It is paramount to him that he works with each client one-on-one in a customized manner so that they are in the best position to reach their goals. In order to do this, he carefully combines a customized mix of pain science/injury education, manual techniques, movement retraining, and precise exercise prescription. This approach is centered around listening closely to his clients so that he can address their concerns

promptly to put them at ease and maximize each treatment session both physically and mentally.

Ultimately, through his knowledge and wide array of experiences, his goal is to empower clients with the tools they need to become more aware of their bodies and brains so that they are less susceptible to future injury but also understand how to manage those injuries should they occur.

Areas of Expertise

Trained as an expert of the musculoskeletal system, Greg primarily focuses on orthopedic injuries such as sprains, strains, and post-operative rehabilitation as well as neuro-orthopedic injuries like sciatica/radiculopathy and trigger points. These include but are not limited to:

- Sports Injuries
- Low Back Pain
- Frozen Shoulder
- Labral Tears
- Tennis Elbow
- Patellar Tendonitis
- PF Pain Syndrome
- Ankle Sprains
- Neck Pain
- Radiculopath
- Shoulder Impingement
- Rotator Cuff Pathology
- ITB Syndrome
- Meniscus Pathology
- ACL Reconstruction
- Achilles Tendonitis

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