

Family Home Setting At Advantage Physical Therapy
By Danielle Masterson, Mid Hudson Valley Health
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EAST GREENBUSH- Passing through the door of Advantage Physical Therapy in East Greenbush, you might think you had entered a familiar, friendly home. A plump leather couch set before a fireplace beckons to patients as they pass the time before their appointment. Surrounded by carved arm chairs, abundants magazines for all tastes and ages and a binder filled with patient success stories, the office sets you at ease.

John Fornabaio is a certified physical therapist and the heart of Advantage Physical Therapy. Although the office marked its fourth year as part of the East Greenbush community this March, Fornabaio has been practicing for ten years.

In January 2006, the office relocated a short distance to a quaint plaza off of the Columbia Turnpike. The plaza is also home to a chiropractor and massage therapist. According to Fornabaio this allows patients convenient health care options in one locale.

“The new location helps us to take care of more people and grow as a business,” says Fornabaio. “We ensure individual attention and one-on-one treatment with an emphasis on hands on care.”

Advantage Physical Therapy provides two private treatment rooms for personalized patient care. Each room walks out into a spacious, airy workout room, including a large section of rehab machines, weights and tables. With music flowing from room to room, Advantage Physical Therapy maintains a light, yet professional atmosphere.

Advantage Physical Therapy also provides a balance program aimed at senior citizens, who make up one-third of its patient population. According to Fornabaio the balance program helps him cater to his senior patients’ preventative care needs.

“Statistics from the Center of Disease Control show that one in every three seniors will fall each year. These falls cost the health care system \$19 billion each year,” says Fornabaio.

The balance program is just one example of how Advantage Physical Therapy provides up to date, comprehensive care to meet the ever changing needs of its patients.

A Certified Strength and Conditioning Specialist, Fornabaio has a strong background in exercise training, allowing him to tend to sports injuries with a personal touch. In fact, Fornabaio’s fitness pictures line one wall of his workout room, a testament to his experience and expertise.

Advantage Physical Therapy accepts Workers Comp and no fault, as well as most insurance plans. According to Fornabaio, they maintain a flexible schedule, allowing patients to be seen according to their needs. Patients can expect to come in within one to two days of calling the office.

John W. Fornabaio, PT, CSCS & Associates
568 Columbia Tpke, Suite 2
East Greenbush, NY 12061
P:477-4989 - F:477-6209