



# My Profile



Born in Napoli, Italy, I moved to the united states when I was 5. I attended H. Frank Carey High School and was a member of the varsity soccer team for 5 years. I attended Adelphi University where I also played soccer and won several championships. Soccer is what I say ultimately drew me to become a Physical Therapist. I graduated from Adelphi with an Undergraduate degree in Exercise Science. From there I took a semester off and worked with several Physical Therapists to become more acquainted with the field. I then attended NYIT and graduated there with a degree in Physical Therapy. Helping people has been part of my personality my whole life and my career allows me to do so everyday.



## Staff



Here at United Physical therapy we have a great interpersonal staff that strives for your wellness. We have to secretaries at our front desk. One of these secretaries is my wonderful mother, Maddalena Aquino. There are several PTA who assist me everyday and are great with our patients. We have many college students who come in and volunteer along with many high school students and they are all welcome to come lend a hand. Our staff is well rounded and insists on helping our patients.

# Equipment



United Physical Therapy invests in all the exercise equipment manufactured by Cybex. Cybex provides us with state of the art equipment that allows us to create a rehabilitation program adequate for our patients. Equipment available includes, leg press machines, chest press machines, bikes, Stairmasters, treadmills, arm bikes, and other technological equipment



such as the Cybex Trazer which we try to incorporate into our patients rehabilitation regiment. The Cybex Trazer is a virtual reality equipment which is tons of fun and provides great exercises that improve muscle strength and is a great tool for rehabilitation. Learn more by

visiting [Cybex.com](http://Cybex.com)! This technology allows children to enjoy themselves while doing therapy and is also quite fun for people of all ages. United Physical Therapy also has an inventory of medicine balls, free weights, resistance bands, leg weights and even weights for our aquatic therapy program (which is further explained later.) Before the exercise equipment it used electric stimulation and Ultrasound are



used to treat our patients. Electrical Stimulation allows muscles to contract using electrical current which helps strengthen injured muscles. Therapeutic Ultrasound is used to promote deep tissue healing. Before therapy begins for a patient they are introduced to all the equipment available at our office.

# United Physical Therapy



## Helping you to get back to Life!

We are here to guide and lead you through exercises that will allow you to recover fully from injuries and we do not rest until we know that our patients are feeling 100%.

## Here we are a family!

We provide a great interpersonal staff that enjoy working with our patients and really make them feel at home!



## Our Approach

We believe in communication. When our patients come in we sit down and talk about our goals to get them back to full strength, full flexibility, and full mobility.

# Schedules

Open 7 days a week!!

**Monday: 7 am - 1 pm, 3 pm - 9 pm**

**Tuesday: 7 am - 1 pm, 3 pm - 9 pm**

**Wednesday: 7 am - 1 pm, 3 pm - 9 pm**

**Thursday: 7 am - 1 pm, 3 pm - 9 pm**

**Friday: 7 am - 1 pm, 3 pm - 9 pm**

**Saturday: 9 am - 3 pm**

**Sunday: 11 am - 4 pm**



## Contact Information

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Location:

276 Old Franks Road, Franklin Square,  
NY 11010

## FAQ

Q: What happens when I come to the office the first time?

A: For your first time you will be instructed by our secretaries to fill out paper work about your insurance and just another small a brief paper about the injury you obtained. After that you will be assessed by the Physical Therapist and from there together you and him will work out a plan to get you back to full health. A PTA will then show you around the office and introduce you to our facilities!

Q: Will United Physical Therapy except all insurances?

A: YES! We are an insurance friendly practice! We accept all insurances because we believe your health and well being is important!

Q: Is it important to dress for physical activity?

A: For the most part yes! However, if you are not comfortable wearing athletic gear that is not a problem, but we encourage that our patients wear sneakers.

Q: Are the services offered free?

A: Yes and they are run by our lovely staff. We believe the services will be great for the community, also it will provide a great relationship between our patients and our staff!

## Fun Fact

United Physical Therapy is the top choice of many athletes like professional tennis player Andy Roddick and professional soccer team the New York Red Bulls of the MLS!



## Facilities

United Physical Therapy Provides state of the art facilities. Our main level and lower level have the same equipment, however our lower level also consists of a pool where we conduct aquatic therapy which we incorporate to our patients rehabilitation schedule (if the patients are willing). Also our lower level as a turf field where we conduct a few services and where we conduct rehabilitation for athletes who come in!



## Services

We believe our services bring our community and makes the patient - doctor relationship stronger!

Mon- Wed- Fri 7:30pm - 9 pm

Yoga, Swimming classes

Saturday - Sunday

Personal Training (by appointment)

Tuesday-Thursday (9:00pm - 11:00 pm)

Indoor soccer

