



Building A Winning Team

HOW CPTA HAS DONE IT

CLEVELAND PHYSICAL THERAPY ASSOCIATES (CPTA) was founded in 1996 and now serves our community providing comprehensive outpatient orthopedic rehabilitation in three locations; Shelby, Boiling Springs (est. 2000) and Kings Mountain (est. 2008).

My goal in starting CPTA was to develop a team whose combination of professional education, clinical skill, and heart for service was unmatched in our region. The staff at CPTA specializes in one-on-one hands on physical and occupational therapy. The CPTA therapists participate in ongoing training to improve their expertise in the examination, diagnosis and treatment of musculoskeletal movement dysfunctions. Many of our therapists have Doctorate degrees, are board certified Orthopedic Clinical Specialists, or are in the process of achieving various advanced certifications in orthopedic manual therapy. Only 2% of physical therapists nationwide are board certified orthopedic specialists.

At CPTA, patients find a variety of services not offered elsewhere in Cleveland County. These services include advanced manual orthopedic therapy, aquatic therapy, sports specific rehab, women's health physical therapy, vestibular rehab, and a gait lab with on-site assessment for and fabrication of orthotics.

CPTA also offers Prescription Fitness which operates out of our 12,000 square foot clinic located in Shelby. Enhancing each member's quality of life through appropriate exercise is our goal. Because qualified professionals who are familiar with their conditions are nearby and available, Prescription Fitness members report feeling less vulnerable to re-injury and more confident in exercising.

Our staff also includes therapists who are Nationally Licensed Athletic

Trainers and Nationally Certified Strength and Conditioning Specialists. Many of them are also former college athletes. Because of these unique qualifications, area athletes choose CPTA for their Sport Specific Rehab and Athletic Performance Enhancement programs. Athletes often report returning to their sport in top condition with improved performance.

Many physicians refer patients to our centers for care; however, because North Carolina is a direct access state, it is not necessary to have a physician's referral to receive an evaluation from a qualified licensed physical therapist. Over the years, we have worked closely with area physicians to ensure we achieve our mutual goal of providing the best care possible. If a therapist determines a patient's condition is not appropriate for physical therapy, or if the services of another specialist are required, referrals are made to area physicians. If you are interested in getting started, or to learn more about our services, call our main office at (704) 471-0001.

Over the next several issues, I will continue to provide information relating to our services and programs. Next issue will highlight Sports Specific Rehab and Athletic Performance Enhancement. ✱



“...develop a team whose... service was unmatched in our region...”



Dr. Don Miller, PT, DPT, MS, CSCS, is the owner of Cleveland Physical Therapy Associates & Prescription Fitness with clinics in Shelby and Boiling Springs, NC. He has practiced as a Physical Therapist and a Nationally Certified Strength and Conditioning Specialist for over 21 years. Before opening a practice in Shelby, Dr. Miller worked as a physical therapist and strength and conditioning consultant with several professional teams.