

## The Center for Physical Therapy at Valley Medical Group

- High quality therapy services are offered at all three health centers.
- Hand therapy is available in Amherst by a Certified Hand Therapist.
- Therapy is provided on a one to one basis by the same physical or occupational therapist at each visit.
- Private treatment rooms.
- Appointments are available Mondays through Fridays from 7 am to 6 pm with same day appointments possible.



*Prevention & Medical Care  
To Help You Live Better, Longer*

**Amherst Medical Center**  
31 Hall Drive  
Amherst, MA 01002  
(413) 256-4415

**Greenfield Health Center**  
329 Conway Street  
Greenfield, MA 01301  
(413) 774-6301

**Northampton Health Center**  
70 Main Street  
Florence, MA 01062  
(413) 586-8400

Valley Medical Group, P.C.

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## The Center for Physical Therapy



**Amherst  
Greenfield  
Northampton**

*Photo by Schaler Photography*

## What is physical and occupational therapy?

Physical and occupational therapists treat individuals with a wide range of physical impairments or injuries. Therapists evaluate the patient to identify movement dysfunctions and functional impairments and develop treatment programs to address these problems. Treatments include individualized home exercise programs and self-management skills, manual therapy techniques to improve joint mobility, exercises for muscle flexibility and strength, as well as techniques for energy conservation and joint protection.

Our occupational therapist specializes in treating hands and elbows. Our physical therapists are qualified to treat all musculoskeletal problems.

If you think you may benefit from physical or occupational therapy please speak to your Primary Care Practitioner.

Valley Medical Group, P.C.

## The Therapists of Valley Medical Group

### **Alyse Bynum, CHT, OT, MBA**

Ms. Bynum graduated with a BS in Occupational Therapy from the State University of NY at Buffalo. She is also a Certified Hand Therapist. She treats orthopedic, post surgical hand and upper extremity patients and fabricates bracing as needed. Appointments can be made with Ms. Bynum at the Amherst Medical Center.

### **Diane Fisher-Katz, MS, PT**

Ms. Fisher-Katz graduated from Boston University with an MS in physical therapy in 1986. She is certified in the mechanical treatment and diagnosis of the spine by the McKenzie Institute. She also specializes in foot problems and custom foot orthotics. Appointments can be made with Ms. Fisher-Katz at the Northampton Health Center.

### **Michelle Kofler, MS, PT**

Ms. Kofler graduated with a Master of Science in Physical Therapy from Springfield College. Her expertise is in general orthopedics, with a special interest in foot and lower extremity evaluations for fabrication of custom orthotics. Appointments can be made with Ms. Kofler at the Greenfield Health Center and for orthotic fabrication in the Amherst and Greenfield centers.

### **Susan Looze, PT**

Ms. Looze is a graduate of Simmons College with a BS in physical therapy. She has been in practice for over 25 years. She specializes in orthopedics with a special interest in sports medicine and extensive experience working with both adults and children with sports injuries. Appointments can be made with Ms. Looze at the Amherst Medical Center.

### **Nanciann Machnik, PT**

Ms. Machnik graduated from the University of Penn. with a Certificate in PT. Ms. Machnik has expertise in osteopathic manual therapy techniques and has extensive experience with treating the spine and craniofacial pain. Appointments can be made with Ms. Machnik at the Greenfield Health Center.

### **John J. O'Sullivan, PT, OCS, ATC**

Mr. O'Sullivan is a 1986 graduate of SUNY at Buffalo in 1986. He is an orthopedic physical therapy specialist as well as an athletic trainer and is credentialed in mechanical diagnosis and therapy of spinal disorders. Appointments can be made with Mr. O'Sullivan at the Northampton Health Center.

### **John Prinziwalli, PT, MS**

Mr. Prinziwalli is a 1978 graduate of the Physical Therapy Program at the State University of New York at Stonybrook and has a special interest in the conservative treatment of the spine and outpatient orthopedics. Mr. Prinziwalli is the Team Leader of the Physical Therapy Service. Appointments can be made with Mr. Prinziwalli at the Amherst Medical Center.

### **Caroline White, MPT**

Ms. White has her Masters in Physical Therapy from American International College in Springfield, MA. Her expertise is in general and orthopedic physical therapy as well as having a Certification in Vestibular Rehabilitation. Appointments can be made with Ms. White at the Greenfield Health Center.