

August 6, 2012 |

Greg Booth | More than a physical therapist



Courtesy photo Greg Booth brings a high level of patient care to his physical therapy practice in Truckee, in addition to being an active member of the community.

TRUCKEE, Calif. — Do the people of Truckee and North Tahoe need one more physical therapist? Judging from the active lifestyles led around here, the answer would most certainly be “Yes!”

Greg Booth, PT, OCS, CFMT has recently opened up shop.

His business is Sierra Nevada Physical Therapy, located in the Summit Building of Truckee’s Pioneer Trail Business Park.

Greg joins the North Tahoe Community from the Bay Area city of Fremont. There, he was more than just a physical therapist. As the lead therapist and clinic manager for the East Bay’s largest, independently owned physical therapy company, Neurosport, Greg was highly regarded as one of two therapists in the entire Bay Area with his advanced certifications.

Other therapists in Berkeley, Palo Alto, San Ramon, and Mill Valley would go to Greg for physical therapy. Doctors, [dot.com](#) execs, and attorneys hired Greg as their personal PT for themselves and their families.

With a continual waiting list and a large client base, you might be asking why Greg would leave the Bay and come to the mountains? “I wanted a change in lifestyle for my family,” Greg said. “We came to Tahoe every summer vacation and every possible weekend in the winter to ski. Finally, we realized that Tahoe was our destiny.” Joined by his wife and two daughters, Greg moved to Truckee in January.

No matter what the weather, Greg is happy to open the doors of his new business to locals and visitors alike. Patients who receive treatment at Sierra Nevada Physical Therapy can expect Greg's full, one-to-one attention. "Greg is very thorough with his patient evaluations and communicates well with doctors and patients," say Rod Silveira, co-founder of California's Neurosport Rehabilitation Clinics. "People appreciate Greg's attention to detail and his highly skilled techniques."

Holding advanced level certification in Functional Manual Therapy (CFMT), Greg integrates treatment of the joints, muscles, visceral, and neurovascular systems with manual techniques to enhance optimal human function. Greg utilizes the latest techniques from a range of physical therapy specialties, gained from more 2,000 hours of additional physical therapy classes. He is also recognized as an Orthopedic Certified Specialist (OCS) by the American Physical Therapy Association.

In his free time, Greg is an instructor for the Institute of Physical Art based in Colorado. "It's rewarding to teach other therapists Functional Manual Therapy, since those techniques are so effective on patients," Greg said.

Locally, Greg hopes to add to the medical coverage of Truckee High School's football team, just as he had volunteered for high schools in Fremont for more than 20 years. Through his many years treating back injuries and having experienced back surgery himself, Greg has a unique perspective on what successful rehabilitation requires.

"A positive outlook and determination, along with manual therapy and a prescriptive exercise program, can go a long way in helping to regain function and reduce pain," Greg pointed out.

On Saturday, Aug. 18, Greg is holding a Community Day for the High Fives Foundation. "One hundred percent of the proceeds from my treatments will go directly to High Fives, so they can continue their dedication to helping injured winter athletes," said Greg.

The "Community Day" will be held at the CR Johnson Healing Center, located in the same building as Greg's office at 10775 Pioneer Trail, Truckee.

Sierra Nevada Physical Therapy is currently accepting new patients. Greg is partnering with the Performance Training Center by Julia Mancuso in his building, to offer discounted memberships to his clients. Marc Digesti, USAW, Founder and Director of PerformancEDU of Reno, Nev. is also linking with Greg to offer his Truckee-based clients a new, local spot for physical therapy.

Sierra Nevada Physical Therapy is located at 10775 Pioneer Trail, Ste. 106a, in the Summit Building across from Clear Capital. Schedule appointments or free consultations by calling 530-448-5055, visit www.SierraNevadaPT.com or email gbooth@sierranevadapt.com.

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