

Tracy A. Arone, MPT, ATC
Facility Director



Tracy A. Arone, MPT, ATC, joined COSM Rehab in July 2006. She has been a certified athletic trainer since 2002 and a licensed physical therapist since 2004. Ms. Arone has extensive training in sports medicine.

Ms. Arone is a native of the Homer City, PA area. She graduated from Homer-Center High School in 1998. In 2002, she received a B.S. in Health Sciences from Lock Haven University that included a concentration in pre-physical therapy and athletic training. Ms. Arone earned a Masters in Physical Therapy from Gannon University and served as a graduate assistant athletic trainer to numerous high schools in Erie, PA.

Ms. Arone is licensed with the state boards of Physical Therapy in Pennsylvania and Virginia, the Pennsylvania State Board of Medicine and the National Athletic Trainers Association. Her memberships include the American Physical Therapy Association, the Pennsylvania Physical Therapy Association, the National Athletic Trainers' Association and the Pennsylvania Athletic Trainers Society.

**NEW PATIENT REFERRALS
ACCEPTED DIRECTLY
FROM ALL AREA PHYSICIANS**

For appointment, please call
Homer City Office:
724.479.2259

HOURS
M / W / TH
7:30 am to 6:00 pm
TUES / FRI
7:00 am to NOON
*Saturday hours available by
appointment only*

Flexible scheduling available

OCCUPATIONAL THERAPISTS:

Chris Hudock, OTR/R
Lynn Ferguson, COTA



2354 Route 119 South
Homer City, PA 15748

888.990.2676

www.pacosm.com



**WELCOME
TO
COSM
REHAB**
Homer City



WELCOME TO OUR HOMER CITY OFFICE

We look forward to your visits! Our trained staff is friendly, cooperative and helpful.

It's good to know that quality physical therapy is available close to home. We pride ourselves on staying current on the latest PT trends and equipment. We are able to offer one-on-one care with constant supervision and individualized treatment plans dependant on your specific needs.

As part of the Center for Orthopaedics & Sports Medicine (COSM), you'll know your physical therapy needs are being met by the area's best PT team: COSM Rehab.

WE OFFER:

- Physical Therapy
- Occupational Therapy
- Athletic Training/Return-to-Sports Programs
- Custom Braces

TREATMENTS INCLUDE (but are not limited to):

- Sports-related Injuries
- Work-related Injuries
- Sprains and Strains
- TMJ Dysfunction
- Chronic Low Back Pain
- Post-op Rehab
- Total Joint Rehab

"Life is motion...Motion is life"



RETURN-TO-SPORTS / ATHLETIC TRAINING

Injured athletes are given education on the prevention of reinjury while undergoing their sports-specific rehabilitation.



OUR GYM

We offer a spacious gym with clean, properly maintained equipment.

OCCUPATIONAL THERAPY

Specialized care can be provided for injuries and post-operative management of the wrist, hand and fingers.



OUR STAFF



Darla Short

Patient Service Coordinator

Darla Short is our patient service coordinator. Darla joined the COSM Rehab team in November 2006. She has over four years of experience as a patient service coordinator in a physical therapy setting and has worked in the Homer City area for the past three years.



Robert Rupert, ATC

Athletic Trainer

Robert T. Rupert, ATC, joined COSM in August 2007. He has been a certified athletic trainer since 2000 and is experienced in sports injury evaluations, treatment and prevention programs.

Outside of clinical services, Bob is busy providing primary health care services to the student athletes at Homer-Center Jr./Sr. High School.

Mr. Rupert graduated from IUP with a BS in Physical Education and Sports Science and has worked as an athletic trainer in collegiate, high school and outpatient rehabilitation settings.

Mr. Rupert is certified by the National Athletic Trainers Association.