



Photo Caption: Tracy A. Swyers, PT, MSPT, GCS

### LSS Director Earns Board Certification in Geriatrics

Jamestown, NY – Tracy A. Swyers, Physical Therapist, PT, MSPT, GCS and Director of Rehabilitation at Lutheran Social Services has been awarded special certification from the American Physical Therapy Association. She joins an elite group of Physical Therapists by completing the rigorous requirements to become board-certified in geriatrics and is a Diplomate of the American Board of Physical Therapy Specialties.

A limited number of physical therapists nationally reach this milestone, and there are only 37 Physical Therapists in New York State who have achieved geriatric certification. Tracy is the only geriatric certified physical therapist in the southern tier region.

“We congratulate Tracy for successfully advancing in her field,” said Tom Holt, LSS president and CEO. “Her exceptional clinical knowledge and skills add to the credibility of our services and will directly benefit our residents, staff and the quality of care we provide.” Her focus is the frail elderly population, geriatric orthopedics, and the skilled nursing facility setting.

To obtain board certification, candidates must submit evidence of extensive required clinical practice in a specialty area. In addition, they must successfully complete a comprehensive written examination, demonstrating specialized knowledge and advanced clinical proficiency in their area of expertise.

Ms. Swyers earned a Bachelor Degree in Clinical Science and a Masters Degree, summa cum laude, in Physical Therapy from Ithaca College. She has over 15 years of experience with 8 years as a rehab program director. An NCAA All American athlete, she brings a special interest in orthopedics to LSS. In addition to her expertise in geriatrics, she has experience in home health, chronic pain management, outpatient orthopedic rehab, and instruction at the collegiate level for physical therapist assistant programming.

“Today, we are treating more complex elderly patients in the nursing home setting,” said Ms. Swyers. “I feel we need to be on the leading edge of new innovations in therapy, so we can provide the latest and most effective treatments, ultimately helping the people we serve have a

better quality of life and functional level for successful return to home.” She resides in Angola with her two sons, Joshua and Ryan.

The Lutheran Home and Rehabilitation Program includes all modes of therapy - physical, occupational and speech therapy. The Lutheran outpatient program serves community members over the age of 16 with a physician’s referral. The hallmark of the rehab program is the HydroWorx 2000 aquatic therapy pool. For more information call rehab at 720-9650 or log onto [www.lutheran-jamestown.org](http://www.lutheran-jamestown.org).

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