

Published October 8th, 2014

From Ear to Toe

By Sophie Braccini



The EBSC Physical Therapy team, from left: Craig Klass, Ted Glattke, Carrie Haraburda, David Hatae, Cassie Kays. Photos Sophie Braccini

advantage in starting a new practice is that one gathers the most advanced testing equipment and technology," says Breitling. He explains that for his diagnosis he tests the eardrum, the integrity of the auditory pathway, the auditory nerve, the different types of hair cells in the cochlea, and conducts a hearing test.

"Then within 24 hours we can get a hearing aid that matches the personal situation of each individual," states Breitling. He adds that patients need to own their hearing loss. "Hearing aids are not perfect; they do not restore hearing completely. You have to be mindful of realistic expectations," he warns. And that is why he believes it is so important to prevent damage. "The harm done to the auditory system is cumulative and it is irreversible," he cautions.

Breitling is particularly concerned about musicians who are exposed to high levels of sound for long periods of time and he proposes custom-fit protection or, as he recommended for the DJ who performed at his wedding, an earpiece that will allow the musician to get the quality sound he needs, but at a much lower noise level.

One group of people who could benefit from prevention advice from both the audiologist and the physical therapists are surfers. Breitling recommends a type of ear protection against the cold, while the physical therapists at EBSC Physical Therapy want to make sure that surfers develop a muscular balance and posture alignment to prevent injury.

"We live in a community where people of all ages are very active," says physical therapist and Moraga mom Carrie Haraburda. "Our role is to either help them regain their mobility if an incident happens, or educate to prevent accidents." She says that one of the classic shoulder accidents is the reaching-for-the-purse-in-the-backseat action. "The movement puts your rotator cuff at a disadvantage, and little by little it starts fraying away that tendon." She also sees people who train very hard and try to push through the pain. "That's not such a good idea," says Haraburda. "Listen to your body; stay away from sharp pain and joint pain."

EBSC Physical Therapy was born, more than 10 years ago, of the East Bay Shoulder and Sports Clinic and is still part of the clinic. Since then, EBSC Physical Therapy has developed a life of its own, catering to patients suffering from all kinds of conditions. The group has expanded its

Two new health-related businesses recently opened in Lafayette: Dr. Erik Breitling's Lamorinda Audiology, and East Bay Shoulder Clinic Physical Therapy (EBSC) that moved from Oakland to Lafayette. These two new health services emphasize prevention and they will both be at the Lafayette Health Fair on Oct. 26, ready to answer questions.

Breitling is a doctor of audiology, who tests hearing and diagnoses hearing loss in adults. "I also fit hearing aids and assistive listening devices, as well as make custom hearing protection, swim plugs and custom fit in-ear monitors," he adds. Breitling is the first audiologist to open an office in Lamorinda. He is a young doctor, but has years of internship experience under his belt, as well as practice garnered in a Walnut Creek audiology office.

His space is inviting and meticulously organized. Of particular interest to patients is the soundproof booth where testing is conducted. "The

services to include personal training, so clients can transition back to a regular sports routine, and massage therapy. "We also do screenings for kids in competitive sports and are always happy to answer questions if people wonder about their sport practice and its impact on their body," adds Haraburda.

EBSC will be sharing a booth with the Absolute Center at the Lafayette Health Fair, part of the Reservoir Run festivities that will take place from 7:30 to 10:30 a.m. on Oct. 26. Find the Health Fair near the starting line, on Mt. Diablo Boulevard between First Street and Moraga Road.

Lamorinda Audiology

3744 Mt. Diablo Blvd., Suite 100, Lafayette

(925) 262-4242, www.LamorindaAudiology.com

East Bay Shoulder Clinic Physical Therapy

3717 Mt Diablo Blvd., Suite 100, Lafayette

(925) 900-4545

Lamorinda Weekly business articles are intended to inform the community about local business activities, not to endorse a particular company, product or service.



Dr. Breitling in the sound booth.

Reach the reporter at: sophie@lamorindaweekly.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA