



A New Program to Prevent Injuries Before they Happen

Our team of highly skilled Physical Therapists has begun conducting orthopedic movement screening processes on individuals as well as athletic teams. We utilize the Y-Balance test™ in conjunction with the MYINJURYRISK™ software. This is a specific and sensitive screening process that will help to identify athletes that may have a heightened risk for injury based on gender, age, sport and physical makeup.

Once athletes with an increased risk for injury are identified, CompletePT SPORT then provides a full physical movement assessment. The assessment detects the specific physical limitations responsible for the increased risk for injury of those athletes. After the assessment, the CompletePT SPORT team works with the individual or the team's athletic training staff to create a specific exercise program to aid in the correction of those physical impairments and help decrease the risk of injury.

The Y-Balance test is used by The Indianapolis Colts, the Atlanta Falcons, Baylor University, Ohio State University, and the Texas Rangers, among others.

Come to CompletePT's clinic in West L.A. or schedule a time for our CompletePT Sport team to come to your team or school.

Call 310-845-9690 or email any of the licensed physical therapists on our CPT SPORT team:

Kevin Wagner, MSPT, CSCS: KevinWagner@CompletePT.com
Kristy Laing, DPT: KristyLaing@CompletePT.com
Jason Ferine, MPT: JasonFerine@CompletePT.com
Ashley Gast, DPT: AshleyGast@CompletePT.com



Alternatives to High-Impact Exercise

What if hiking or other outdoor activity is too hard on your knees, hips, or back?

How does weightless movement sound to you? That's where the magic of water comes in. Physical therapy in water is the safest, most progressive form of rehabilitation because it takes place in a gravity-neutral environment that removes trauma from weight bearing joints. The buoyancy of water allows you to move with little or no pain as you regain function in sore or injured areas.

Lynda Huey's Waterpower Workout Book or DVD will guide you through a water exercise program in your local pool. Or if you'd like direct supervision, call us to schedule an appointment in our pool.

Wish you or a friend could talk to a physical therapist about what hurts? Call now for a free screening of your condition. 310-845-9690.



Latest Happenings at CompletePT:

- In early March, CompletePT SPORT screened over twenty female track and field athletes at Brentwood High School to detect who might be at risk for athletic injury. Physical therapists Kristy Laing, DPT and Kevin Wagner, MSPT, CSCS screened both the athletes and the very interested coaches and trainer.
- We are remodeling our pool. It will be longer, deeper, and will be using a salt-water chlorination system that makes skin feel glorious! In the meantime, we are moving to the Westside Jewish Community Center's newly remodeled salt-water pool and gorgeous aquatic center on Olympic Blvd. just east of Fairfax Ave. In both places, you'll feel energetic and spoiled by the fantastic water quality.



CompletePT staff (and friends) pause for a rest during a hike in the Santa Monica Mountains.

SATURDAY, APRIL 17th

Come Hiking with the CompletePT Team!



Come have fun with the CompletePT team hiking in the Santa Monica Mountains on Saturday, April 17th. Bring your family, friends, and dogs. Our physical therapists and exercise experts will accompany you on either a 2-mile or 4-mile hike on Westridge Road Trail. Enjoy ocean views and fresh air surrounded by our happy, helpful staff. The 4-miler begins at 8:15 and the 2-mile hike begins at 9:00. Bring water and snacks. We'll provide the fun!

In case of rain, please call for the reschedule date.

Directions to the Westridge Road Trail are available at CompletePT.com.

RSVP to 310-845-9690 or Info@completept.com



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