



## **KRISTY LAING: Stepping into Leadership**

Kristy's love for being a competitive gymnast prepared her for her future career in physical therapy. She spent most of her life participating in strength and agility training as well as focusing on preventative care. She earned her Doctorate in Physical Therapy in 2005 from Ithaca College in upstate New York. She began her career by joining the team at CompletePT in January 2006 and later became one of our Sports Marketing Specialists. In 2007, she became one of CompletePT's Co-Assistant Clinical Directors.

## **Athletes back in action**

CompletePT proudly presents its newly developed Sports Marketing Program. The team heading up this program is comprised of Kristy Laing, DPT and Kevin Wagner, MSPT. These life-long athletes are both experienced licensed physical therapists in the Orthopedic/Sports Rehabilitation field. The Sports Marketing team is currently working on establishing a relationship with the Los Angeles Kings hockey team, college and high school athletic programs, and community recreation programs. Whether you are recovering from injury, battling a nagging pain, or just looking for help with proper and safe body mechanics, CompletePT is here to help you get back on your feet and back into the game.



## **Join us for free educational lecture**

CompletePT is proud to announce physiatrist Steve Sampson, M.D. as our next guest lecturer. Come learn about the exciting breakthrough of Platelet Rich Plasma (PRP) Therapy. Dr. Sampson has extensive training in using non-surgical treatments for healing tendon injuries, arthritis, neck, back, shoulder, hip and knee pain. He has successfully treated many athletes, including Olympians and professional athletes. Dr. Sampson is dedicated to expediting healing and using the revolutionary technique of PRP to achieve this goal. Come hear how he does it!

**Please join us at CompletePT on Thursday, October 23rd.  
Reception & appetizers at 7pm. Dr. Sampson to speak at 7:15pm.  
Seating is limited. RSVP to 310.845.9690, or [info@completept.com](mailto:info@completept.com)**

*"As a professional stuntman and athlete, I have found CompletePT amazing! The highly trained therapists and staff have put me well on the road to recovery. The constant positive energy, ever-challenging therapy, and smiling faces have helped me achieve and surpass my physical therapy goals. Words could never express how grateful I am for all of their help. Thank you from the bottom of my heart."*

**TONY ANGELOTTI,  
STUNT DOUBLE FOR  
ACTOR JOHNNY DEPP**

*"After 35 years of stunt work, one hip replacement, one pending, and endless back and neck injuries, I managed my days with anti-inflammatories and pain meds. After just 6 weeks of CompletePT strength training and mobilization, I was 85% limp-free and pain-free with no meds. Even more impressive was their true concern, care, and attention to my improvement. They worked harder than I did and gave me back quality of life. Priceless!"*

**GLORY FIORAMONTI,  
PROFESSIONAL  
STUNTWOMAN**



The hip is a "ball and socket" joint formed by the head of the femur bone (the ball) and the pelvis (the socket). This joint is a major weight-bearing joint, and it takes a lot of stress and strain during our daily activities. In result, hip pain is a common problem in the body. Some of the most common causes of hip pain include osteoarthritis, trochanteric bursitis, tendonitis, and osteonecrosis. Physical therapy is an important aspect of treatment for hip pain as well as for prevention of injury that may occur to the hip joint and its surrounding supporting structures. If you have hip pain, please take our short quiz below to see if you are appropriate for treatment at CompletePT.

## The Hip Joint

### Do you have pain in your hip when you...

- |                                     |                              |                             |
|-------------------------------------|------------------------------|-----------------------------|
| 1. Walk in the market?              | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Get in and out of the car?       | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Sit for a long period of time?   | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Go up and down stairs?           | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. Put on your shoes and socks?     | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. Stand in line?                   | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 7. Get on and off the toilet?       | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 8. Pick up an object off the floor? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 9. Lie on your side?                | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 10. Stand after watching TV?        | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

**Total answered yes:** \_\_\_\_\_

If you answered "yes" to:

**1-3 questions:** You are probably doing fine.

**4-6 questions:** Call CompletePT for a free hip screening.

**7-10 questions:** Call us to begin treatment right away!

**310.845.9690**

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**CAREER OPPORTUNITIES**  
Do you know someone who might like to join our team?  
We're looking for:  
Physical Therapist  
Physical Therapy Aide

Prst Std  
US Postage  
**PAID**  
Permit #1031  
Los Angeles, CA