



JENN EMERY, DPT, MOT **New Director at our Motion Picture Clinic**

Jenn has an extensive background in manual therapy of the extremities and the spine. She obtained her Doctorate in Physical Therapy and Master's in Occupational Therapy from the University of St. Augustine. As a physical therapist, she has worked in outpatient neuromuscular, pediatrics, and orthopedic settings. As an occupational therapist, Jenn focused her work in acute care and in pediatric settings. In 2008, she became the Clinical Director of CompletePT's clinic inside the Saban Center for Health and Wellness on the Motion Picture & Television Fund campus in Woodland Hills. This clinic has grown substantially since opening in November 2007. Actors, set builders, grips, producers, directors, stunt men and women, and writers have all benefited from the pool and land physical therapy services provided by CompletePT at the Saban Center.

MEET THE TEAM **New Therapists Bring Diverse Specialties**

Mita Arora, MPT joined the CompletePT staff in August 2008. She has experience with spinal-cord injury rehabilitation and the out patient orthopedic population. She has also done research on abdominal strengthening in pregnant women that was published in the Journal of Women's Health Physical Therapy in 2005.

Raina Goo, DPT joined the CompletePT staff in September 2008. She has completed diverse clinical rotations in outpatient/in-patient wound care, sub-acute neuromuscular conditions, and outpatient/in-patient orthopedics. She has also worked as a student research assistant at USC, studying adaptive practices that enhance motor learning after a stroke.

Cheryl Hanks-Opsata, MPT joined the CompletePT staff in September 2008. She has committed most of her twenty years in the field of physical therapy to the treatment of the spine, chronic pain, and manual treatment of orthopedic impairments. She is also a certified manual therapist out of the University of St. Augustine and completed her dissertation on sacroiliac dysfunction.



CompletePT Gets Results.

"The environment of CompletePT at the Saban Center makes you feel like you're at a resort. The individualized attention from the friendly staff that each patient receives is like nothing I've ever experienced... I am now able to lead a manageable pain-free life."

AMY BANKS,
ENTERTAINMENT
INDUSTRY WORKER

"The therapists at CompletePT have done a great job of being both nurturing and challenging during my recuperation from a back injury. My improvements in the last two months have been amazing! I feel stronger and much better than I ever have. I look forward to my appointments each week."

JEFF RAFNER,
PRODUCER,
"GREY'S ANATOMY"



Our spinal distraction technique helps relieve back pain.

The Latest Buzz on Backs and the Importance of Neutral Spine with Back Pain

So what is the “core” and how is it going to help you manage your back pain symptoms? The core consists of the abdominal muscle group and your low back muscles. By keeping these muscles strong, you will be able to keep your spine in a neutral posture or what is called “neutral spine.” This neutral posture imposes the least amount of stress on the body and helps maintain the natural curves in the spine, leading to minimized stress on all joints, muscles, tissues and vertebrae. By conditioning the “core” muscles, you are better able to control the motion of your spine, plus you can improve your posture, decrease your risk of injury, and possibly decrease your low back pain. Finding neutral spine and activating your core muscles may take some time but is beneficial in the long run. If you feel you might benefit from a core-strengthening program or are experiencing back pain, please call us at CompletePT: 310-845-9690.

Do you have pain in your back when you...

- | | | |
|-------------------------------------|------------------------------|-----------------------------|
| Wake up in the morning? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Get in and out of the car? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Sit for a long period of time? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Go up and down stairs? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Try to fall asleep at night? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. Stand in line? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 7. Carry laundry to laundry room? | <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. Walk at the market? | <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 BACK screening.

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

310.845.9690



3283 MOTOR AVENUE • LOS ANGELES, CA 90034

CAREER OPPORTUNITIES

Do you know someone who might like to join our team? We're looking for:

Physical Therapist
Physical Therapy Aide

Prsrt Std
US Postage
PAID
Permit #1031
Los Angeles, CA

CompletePTNews
SPRING 2009