



Three Simple Activities to Help Relieve Your Knee Pain*

1. Hamstring Stretch. Stretching your hamstrings can help calm down muscle spasms and tightness felt in and around the knee. To perform the hamstring stretch, lie on your back with both legs straight. Loop a strap or towel around your foot. While holding the strap's ends, gently lift the leg into the air. Keep your knee as straight as possible. Hold for 30 seconds. Perform two times on each leg.

2. Compression. Wrapping the painful knee in an elastic bandage or brace will help reduce swelling and provide support for the irritated knee.

3. Ice and/or Heat. Choose ice for your painful knee if you have swelling and your condition is relatively new. Heat is the choice for chronic pain and muscle spasms. Limit all ice and heat applications to less than 20 minutes.



* Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these activities, stop and consult your healthcare provider.

WEDNESDAY AUGUST 26, 6:15PM Free Lecture with Reknowned Surgeon, Robert Klapper, M.D



Our free lecture series continues with the Chief of Orthopedics at Cedars-Sinai Medical Center, Dr. Robert Klapper. Dr. Klapper is one of America's most respected orthopedic surgeons.

A thoroughly engaging speaker, he has written two books, *Heal Your Knees* and *Heal Your Hips*, with Lynda Huey, the Founder/Owner of CompletePT. These books create educated patients so they can interact with their doctors at a more self-determined level. They also provide patients with easy-to-follow

pool and land exercise programs for preventing knee and hip surgeries. **When a top surgeon tells you how to prevent surgery, you want to listen!**

Reception and appetizers at 6pm. Dr. Klapper to speak at 6:15pm. RSVP to 310.845.9690 or info@CompletePT.com

CompletePT Gets Results.

Mrs. Marilyn Gross came to CompletePT with a torn meniscus and knee pain. She was having difficulty getting in and out of her car, sitting through a movie, and standing up from her chair. When she climbed up or down stairs, she felt a sharp pulling in her knee.

Over the course of four weeks, Marilyn worked hard under the careful guidance of her therapists doing non-weightbearing running and walking in the deep end of our pool. She stretched, kicked, and performed resistance exercises to strengthen the muscles surrounding her knee.

Thanks to the team here at CompletePT, Marilyn was able to gain the knowledge and assistance needed to regain strength, agility and movement in her knee. Her pain decreased, and Marilyn found she could perform daily activities without the previous discomfort she had experienced.

*Mrs. Gross was able to reach the happy ending that we strive for with all of our patients: **she was able to strengthen her knee, reduce her pain and completely avoid surgery!***

She regained function and fitness here at CompletePT.

Latest Happenings at CompletePT:



CompletePT's sports team provided after-race care for runners and bicyclists at Dockweiler Beach.

- CompletePT provided massage and physical therapy services to road racers at the "Keep L.A. Running 5K/10K/bike" event at Dockweiler Beach on July 12th. Over a hundred runners received our complimentary care.
- We are growing! Four new physical therapists have joined the CompletePT team: Akemi Rico, DPT; Ashley Gast, DPT; Jason Ferine, MPT; and Jeff Calso, DPT.
- Ashley Gast came to us through our new internship program that we operate in cooperation with Mt. Saint Mary's College; Cal State University, Northridge; and Loma Linda University. Originated by Jennifer Haynes, MSPT, our internship program is now supervised by Kristy Laing, DPT.

Got Knee Pain?

Knee pain is a common complaint that sends many people to their physicians and physical therapists. Knee pain is a generalized symptom that can be associated with several different conditions such as arthritis, tendonitis, ligament injuries, and cartilage injuries. If you are experiencing knee pain, look inside for three self-help actions you can do right now to help reduce your pain. Then contact your doctor and ask him or her about trying physical therapy. Here at CompletePT, we use a combination of aquatic and land physical therapy to help alleviate knee pain, cure its underlying cause, and get people back to their normal activities. **Call CompletePT at 310.845.9690 to schedule your appointment today.**



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
SUMMER 2009