



## ProSport Physical Therapy Newsletter

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949.250.1112

October 2010



Dear Deanna,

Youth athletics is in full swing and with it comes the potential for improper training that can cause injuries. Proper workouts, strength and agility training are key factors in reducing the risks associated with injuries sustained during games. A licensed Physical Therapist is well trained in evaluation and treatment of sports related injuries making them an important member of the sports medicine team that along with the physician will determine when it is safe to return-to-play.



At ProSport we offer safe one-on-one personal training by our exercise science professionals, as well as preventive and rehabilitative therapy. Give us a call to find out how to keep your young athlete in peak performance.

[info@prosportpt.com](mailto:info@prosportpt.com)



### The Heitzner Family Story...

Dear ProSport,

Please allow us this opportunity to praise ProSport and in particular, Kathy Lesko.

Our family has been a frequent client of yours over the last few years and have just recently relocated to the east coast. My husband and both our daughters live to compete and take tennis very seriously. And, when the body fails to be at peak performance, it's a huge

### Physical Therapist Spotlight

#### ProSport Physical Therapy Welcomes Two New Therapists

Laura Scott, MPT started at ProSport in our Rancho Santa Margarita facility as a student intern in May 2009. After receiving her Master's in Physical Therapy, earlier this year, from Cal State University, Long Beach (CSULB), she joined our Newport clinic where her focused background in kinesiology and exercise science has made her a valuable asset to our team. While at CSULB, she was a member of the Dean's List, Physical Therapy Class President, PT Club Liaison and a member of the Women's Soccer Team. Laura is a current member of the American Physical Therapy Association and has participated in numerous clinical internships including; Health South Inpatient Rehabilitation Hospital in Tustin, Tichenor Orthopedic Clinic for Children in Long Beach, and



Senior Choice Physical Therapy at Leisure World in Seal Beach. Luran continues to play soccer and enjoys hiking with her husband.



Cassie Butts, DPT had her first experience at ProSport as an injured level 9 competitive gymnast. Thanks to ProSport owner, Joe Donohue and his team, Cassie recovered from a number of injuries very quickly. The attention to detail the ProSport team gave her through her athletic career inspired Cassie to become a Physical Therapist. After receiving her degree in biomedical engineering at the University of Virginia, Cassie worked as an aide in our Rancho Santa Margarita facility before beginning Physical Therapy school. She received her Doctor of Physical Therapy in 2008 from the University of Southern California, where she participated in clinical internships at USC, St. Vincent's Hospital, CA Child Services, HealthSouth in Palo Alto and ProSport. Cassie has since joined our Newport clinic full-time bringing a wealth of knowledge and energy to the team. In her free time, Cassie enjoys long runs, stand-up paddle surfing with her husband and flying aerobatic airplanes.

Find out more on our website: [www.prosportpt.com](http://www.prosportpt.com)  
Email Laura: [laura@prosportpt.com](mailto:laura@prosportpt.com)  
Email Cassie: [cassie@prosportpt.com](mailto:cassie@prosportpt.com)

## ProSport Recommendations

### ActiveWraps for the Shoulder

Superior quality compression wraps, complete with specially formulated hot/cold thermal packs, are anatomically designed and adjustable to provide precise treatment.

Features:

- *Cooling time when applied to body:*  
Knee/shoulder/back 45 min - 1 hr.,  
Foot/wrist/elbow 25 - 35 min.
- *Non-Migrating, Always Soft Gelatinous Composition*
- *Modular Design with removable packs for shorter freezer time and less freezer space*
- *Patented Injury Specific Placement of Hot or Cold packs*
- *Packs do not become stiff, even when frozen*
- *More Flexibility to allow combination cold therapy & ROM*
- *Light weight for high patient compliance*
- *Improved Ergonomic Designs for uncompromising comfort*
- *Best quality with 1 year warranty*
- *XL sizes available*
- *Completely washable*
- *1 Year Warranty*



*disappointment. Fortunately, under the care of the ProSport staff, our family has continued to heal, recover and return to their passion. Kathy's support especially, is always thorough, informative and encouraging. The knowledge she brings to the session is incredible and her ability to recommend recovery methods to incorporate at home is amazing. Kathy is a true professional with a contagious smile. We will miss her care as well as the rest of your team.*

*Joe, congratulations on managing a first class operation.*

*Take care and all the best.*

*Sincerely,*

*Linda Heitzner*

**[Click to Share Your ProSport Experience](#)**

#### NETWORK LINKS

[American Physical Therapy Association](#)

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[National Athletic Trainers Association](#)

-

[National Strength and Conditioning Association](#)

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[SoCal Action Sports Running Lovers](#)

-

[Yoga & Meditation](#)

[Click to Order](#)

## ProSport is a Proud Partner

- [Surf City Run](#)
- [Angels Charity Run](#)
- [Netz 4 Life](#)
- [SM Pop Warner Football](#)
- [TCLL](#)
- [Mater Dei Football](#)
- [JSerra HS](#)
- [SMCHS](#)
- [Anaheim Ducks](#)

### Did You Know?



According to the Center for Disease Control (CDC), more than one third of adults 65 and older fall each year in the United States and 20% to 30% of people who fall suffer moderate to severe injuries. At ProSport Physical Therapy we can help in risk reduction and prevention of falls.

We want a society where older adults can live to their full potential. While falls are a threat to the health and independence of older adults and can significantly limit their ability to remain self-sufficient, the opportunity to reduce falls among older adults has never been better. Today, there are proven interventions that can reduce falls and help older adults live better, and longer.

Give us a call to find out more and how our proactive approach to your health has proven results. [info@prosportpt.com](mailto:info@prosportpt.com) | 949.250.1112.