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## **Kristina Lagana, PT, DPT Has Joined Our Team!**

Kristina grew up on the Monterey Peninsula and graduated from Cal Poly SLO in 2006, with a degree in Kinesiology. She received her Masters from UCSF/SFSU in 2008 and her Doctorate of

Physical Therapy from UCSF/SFSU in 2009.

Kristina has advanced training in manual therapy techniques, Kinesiotape application, and sports medicine. She specializes in pre- and post-op rehabilitation and sports medicine.

Kristina's main objective is to return patients to their highest level of function with the least amount of pain. In her free time she enjoys running and hanging out with her dogs, Boomer and Rocky.



**Welcome Kristina!**