

To: Next Level Fitness

My name is Paul Villagrana and I am writing regarding my experience with Next Level Fitness. I am a Los Angeles City Firefighter-Engineer and have been with the department for over 31 years. In my career, I have never suffered an on-duty injury until 2017 and would like to express my gratitude of the exemplary treatment I received at Next Level Fitness.

While on duty on September 29th, 2017, I was participating in our department physical fitness routine when I unfortunately suffered a complete tear in my Anterior Crucial Ligament on my left knee. As part of the protocol for my treatment to prepare for surgery, I was recommended for physical therapy to help strengthen my knee and to help with healing prior to my scheduled surgery. I was referred to Next Level Fitness for my physical therapy treatment.

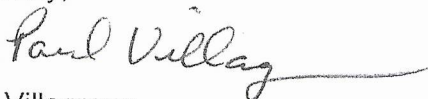
Upon my first visit, I met the facility owner, Dr. Vasili Gatsinaris and Caprice M. Leonard, Director of Sports Medicine and Rehabilitation. I was extremely pleased with the facility and professionalism upon my arrival. My treatment plan including first seeing Dr. Vasili (Dr. Vos) and my second part of treatment including sessions with Caprice who I quickly nicknamed "The Director of Pain". My experiences with both was exceptional.

My visits with Dr. Vos included intense Fascial Integration Treatment designed to strengthen and lengthen the muscle, and to also help reduce scar tissue. All of which I am certain helped prepare me for surgery, and helped me recover after my surgery. I was highly impressed with not only the skills that Dr. Vos has in the field, but also by his professionalism and down to earth attitude in dealing with his patients including myself. We had many great conversations and laughs and it is evident that Dr. Vos truly cares about his clients.

The second half of my treatment was with Caprice, the "Director of Pain" as she quickly became known as. As part of my regimen she would start off with slow exercises that were not difficult, but we quickly transitioned into much more difficult and challenging exercises which all were for my benefit, but nonetheless a bit hard at times. I transitioned from pedaling a stationary bike, to running while pushing a 250 pound sled which were all part of Caprices plan to strengthen my knee and better prepare me for surgery. I felt so strong that I questioned if I needed the surgery. My surgery was a success, and my after-surgery treatment with Next Level continued to help build my strength and functionality to its full capacity.

I will forever be grateful to Next Level Fitness, Dr. Vos, and Caprice for my rehabilitation. I would highly recommend the facility and staff to any person requiring their services. They are top notch and above the rest!

Sincerely,

A handwritten signature in cursive script that reads "Paul Villag" followed by a long horizontal flourish.

Paul Villagrana