

**Eric Sato, PT, COMT**

*Physical Therapist*

**Hometown:** Anaheim

**Bachelor's Degree:** University of California, Los Angeles – Bachelor of Arts - Sociology

**Graduate Degree:** California State University, Long Beach - Bachelor of Science - Physical Therapy (1998)

My name is Eric Sato. I have been a licensed physical therapist since 1998. I started as an outpatient orthopedic physical therapist for the first 2 years. During this first job I was fortunate to be mentored by an experienced physical therapist the first year, fine tuning my knowledge and manual therapy skills.

My wife and I then had the fortunate opportunity to move to Hawaii. There, I worked at Maluhia, a state run skilled nursing facility on Oahu where I gained valuable experience care planning with an interdisciplinary team, treating older patients and educating their families.

After 2 years of island life we decided to move back to SoCal. It is here where I've spent the vast majority of my professional life, working 22 years (19 years as Center Therapy Director) with an occupational medicine clinic providing outpatient orthopedic physical therapy to injured workers. During this time I was able to receive advanced certification in orthopedic manual therapy (COMT). I also learned how to treat acute injuries, many times treating patients that were injured only a few hours prior.

Although I have gained a lot of experience treating an array of diagnoses, what I truly love the most about physical therapy is the opportunity to connect with patients, learning what makes each person "tick" and creating a treatment plan to enable them to return to what they enjoy doing.

During my spare time I enjoy trying to improve our garden, although I'm terrible at it. I killed an avocado tree and papaya tree last year! I also like to keep up with UCLA sports - Go Bruins! Last, but certainly not least, I'm excited to find out what the future holds for my college aged son and daughter.