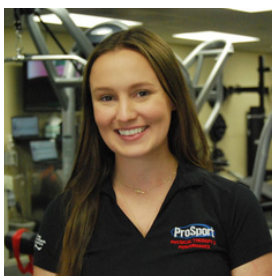




PHYSICAL THERAPY & PERFORMANCE

MEET OUR TEAM

Mission Viejo



Allie Bona, PT, DPT

Allie received her DPT at Quinnipiac University. In high school she tore both ACLs playing soccer, which inspired her to pursue physical therapy. Having gone through that, she enjoys working with people who have had ACL reconstruction surgery and guiding them through their rehabilitation process. Outside of work she likes going to the beach, and snuggling with my Frenchie, Toad!



Scott Moncrief, DPT, COMT, CSCS

Scott received his DPT at Creighton University. He is Board Certified in Manual Therapy, and especially likes to work with athletes/active individuals and see them return to sports and activities. Scott loves to be outside, hiking, biking, surfing, and running.



Allie Anady, PT, DPT

Allie received her DPT at the University of St. Augustine in San Marcos. Athletics and exercise have always interested her, which drew her into the PT world. She loves finding out what her patient's goals are and designing a treatment plan. Outside of work she likes playing indoor soccer and working out at the gym. She also has two beautiful children who she loves watching grow and becoming active, energetic kids.