

## **Laura Bonsness, PT, MPT, FMSc, CMP**

Jesus Follower, Mom, Physical Therapist, Business Woman, Entrepreneur, Educator, Founder of About You Physical Therapy, Owner of About You Transformation Center

Laura Bonsness has been a physical therapist for 26 years. Her interest in optimizing the human design began as an athlete at a young age. An injury led her to pursue a career in physical therapy. As such the small town, Midwest girl moved from Wyoming to California for her academic endeavors.

Prior to attending a university, she chose a community college to progress her athletic and academic progression. Laura achieved California Community College Scholar Athlete of the Year in 1988 in a field of over 200 community colleges. After the completion of two bachelor's degrees and a Master's in Physical Therapy, she moved back to Wyoming for 7 years and eventually moved to Rapid City, SD.

In 2011 Laura ventured away from working at a physician owned physical therapy practice to opening her own company, About You Physical Therapy. It quickly grew from one therapist to 6 therapists, and the merger of another clinic at the four year mark. As the ten year mark approaches, About You Physical Therapy now has 20 employees, 10 physical therapists, and five owners.

The last couple of years have come with many unforeseen challenges including one of the primary business partner's daughter's being diagnosed with cancer just after About You Physical Therapy purchased a building for remodel. Through demolition, remodel of the facility, and to the transformation of the building, young Jenna and her family and the About You physical therapy family prayed, and united their way through it. The AYPT team moved into the About You Transformation Center on January 24<sup>th</sup>, 2020. On August 1, 2020, at the age of 14, beautiful Jenna also known as "Bird", found rest and flew into the arms of Jesus in our heavenly home.

Just as we each are transformed by Jesus Christ, the new facility has been named, the About You Transformation Center. The facility is 9,700 square feet and hosts an integrated, whole health approach to healing. In addition to physical therapy,

the facility includes 3,400 square feet for the About You Training Campus that provides physical training for all ages, education classes, and soon to host the 3<sup>rd</sup> venture that Laura has been called to, that is curriculum for teaching, Quest to Be Your Best: mind, body, heart, spirit, and soul.

Having studied the physical body for the last 26 years, chronic pain and the science of the brain for the last 24 years, God has prepared and provided a platform to combine Laura's passion for understanding the human created design with His purpose of sharing it with others.

Earlier this year, About You Physical Therapy was announced and awarded the, "2020 SBA South Dakota Woman Owned Small Business of the Year." Enclosed are a few pictures of the new facility.

Thank you for the opportunity to share the above story with Pinnacle Forum.  
Blessings, prayers,  
Laura



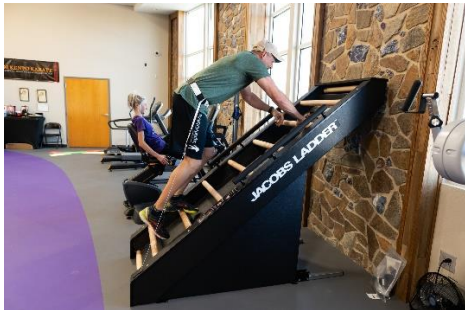
Laura and her daughter, Marissa



Part of the AYPT team



About You Training Campus



AY Campus Intro .mp4

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