

# Legacy Business Registry Staff Report

HEARING DATE MAY 29, 2019

## SCARPELLI AND ASSOCIATES PHYSICAL THERAPY

*Application No.:* LBR-2018-19-051  
*Business Name:* Scarpelli and Associates Physical Therapy  
*Business Address:* 4200 18th Street, Suite 102  
*District:* District 8  
*Applicant:* Elizabeth Scarpelli, President and CEO  
*Nomination Date:* April 10, 2019  
*Nominated By:* Supervisor Rafael Mandelman  
*Staff Contact:* Richard Kurylo  
legacybusiness@sfgov.org

### BUSINESS DESCRIPTION

Scarpelli and Associates Physical Therapy, Inc. ("Scarpelli and Associates" or "SAPT") is a niche Orthopedic Manual Therapy practice that has been in operation since 1985 at 4200 18th Street. The focus of the practice, since its inception, has been to provide outstanding physical therapy service and wellness support services to the community. The company has helped thousands of patients overcome pain and disability. The business was founded by Elizabeth Scarpelli (Liz) and Lisa Kakehashi as a partnership. In 2014, Lisa Kakehashi retired from the practice and with this change Elizabeth Scarpelli modified the business name but continued providing the same services to the community and in the same location.

Elizabeth Scarpelli, PT, OCS, FAAOMPT, has been a therapist for 42 years and brings a wealth of experience, expertise and energy to her practice. She has mentored over 14 graduate Physical Therapists (PTs) on the path to specialization in orthopedic manual physical therapy and has mentored over 30 students vying for spots in university graduate programs in physical therapy. She was a senior instructor for over 20 years in the Kaiser Hayward Physical Therapy Residency and Fellowship Program, the first program of its kind in the country. This program set the standard for advanced clinical residency education in the United States, and Liz implements the comprehensive assessment/reassessment model used in the program for patient treatment and continues to mentor therapists in her clinic. Through a structured mentoring program and constructive feedback, the therapists grow professionally. They dig deep to solve complex musculoskeletal problems in this collaborative setting, and patients benefit by getting back to a healthier and more active lifestyle.

The business is located on the northwest corner of 18th and Collingwood streets in the Castro neighborhood.

**CRITERION 1: Has the applicant operated in San Francisco for 30 or more years, with no break in San Francisco operations exceeding two years?**





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LONDON N. BREED, MAYOR

OFFICE OF SMALL BUSINESS
REGINA DICK-ENDRIZZI, DIRECTOR

Yes, the applicant has operated in San Francisco for 30 or more years, with no break in San Francisco operations exceeding two years:

4200 18th Street, Suite 102 from 1985 to Present (34 years)

CRITERION 2: Has the applicant contributed to the neighborhood's history and/or the identity of a particular neighborhood or community?

Yes, Scarpelli and Associates Physical Therapy has contributed to the history and identity of San Francisco and the Castro neighborhood.

The Historic Preservation Commission recommended the applicant as qualifying, noting the following ways the applicant contributed to the neighborhood's history and/or the identity of a particular neighborhood or community:

- Scarpelli and Associates Physical Therapy is associated with the tradition of physical therapy.
The property is located within the proposed Castro LGBTQ Cultural District, which is an area associated with significant events and persons related to the formation of the LGBTQ community in San Francisco and to the historical and ongoing fight for LGBTQ civil rights.
Elizabeth Scarpelli has been published in the American Physical Therapy Journal, and on the Kaiser Permanente national website.
Scarpelli and Associates Physical Therapy was the winner of the Patient's Choice Award from Expertise.com in 2014; winner of the Outstanding Clinic Award from the San Francisco Awards Program in 2014, 2016 and 2018; top 3 physical therapists in San Francisco by threebestrated.com in 2017 and 2018; and winner of Book Local Community Choice Award by yocale.com in 2018.

CRITERION 3: Is the applicant committed to maintaining the physical features or traditions that define the business, including craft, culinary, or art forms?

Yes, Scarpelli and Associates Physical Therapy is committed to maintaining the physical features, craft, art form and traditions that define the business.

HISTORIC PRESERVATION COMMISSION RECOMMENDATION

The Historic Preservation Commission recommends that Scarpelli and Associates Physical Therapy qualifies for the Legacy Business Registry under Administrative Code Section 2A.242(b)(2) and recommends safeguarding of the below listed physical features and traditions.

Physical Features or Traditions that Define the Business:

- Dedication to providing outstanding health care to the community in manual orthopedic physical therapy and advocating for patient care and rights.
Business model of one-to-one, in-depth assessment of complex patients.
Specialization in the evaluation and treatment of musculoskeletal problems as a result of sports injuries, trauma, work habits or inherited or developed postures and poor movement habit patterns.





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- Ergonomic assessments for workplace and pre-sports training.
- Formal mentoring program.
- Statue of Martin De Porres in lobby.

### **CORE PHYSICAL FEATURE OR TRADITION THAT DEFINES THE BUSINESS**

Following is the core physical feature or tradition that defines the business that would be required for maintenance of the business on the Legacy Business Registry.

- Physical therapy.

### **STAFF RECOMMENDATION**

Staff recommends that the San Francisco Small Business Commission include Scarpelli and Associates Physical Therapy currently located at 4200 18th Street, Suite 102 in the Legacy Business Registry as a Legacy Business under Administrative Code Section 2A.242.

Richard Kurylo, Program Manager  
Legacy Business Program



# Small Business Commission Draft Resolution

HEARING DATE MAY 29, 2019

SCARPELLI AND ASSOCIATES PHYSICAL THERAPY

LEGACY BUSINESS REGISTRY RESOLUTION NO. \_\_\_\_\_

*Application No.:* LBR-2018-19-051  
*Business Name:* Scarpelli and Associates Physical Therapy  
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*District:* District 8  
*Applicant:* Elizabeth Scarpelli, President and CEO  
*Nomination Date:* April 10, 2019  
*Nominated By:* Supervisor Rafael Mandelman  
*Staff Contact:* Richard Kurylo  
legacybusiness@sfgov.org

## ADOPTING FINDINGS APPROVING THE LEGACY BUSINESS REGISTRY APPLICATION FOR SCARPELLI AND ASSOCIATES PHYSICAL THERAPY, CURRENTLY LOCATED AT 4200 18TH STREET, SUITE 102.

**WHEREAS**, in accordance with Administrative Code Section 2A.242, the Office of Small Business maintains a registry of Legacy Businesses in San Francisco (the "Registry") to recognize that longstanding, community-serving businesses can be valuable cultural assets of the City and to be a tool for providing educational and promotional assistance to Legacy Businesses to encourage their continued viability and success; and

**WHEREAS**, the subject business has operated in San Francisco for 30 or more years, with no break in San Francisco operations exceeding two years; or

**WHEREAS**, the subject business has operated in San Francisco for more than 20 years but less than 30 years, has had no break in San Francisco operations exceeding two years, has significantly contributed to the history or identity of a particular neighborhood or community and, if not included in the Registry, faces a significant risk of displacement; and

**WHEREAS**, the subject business has contributed to the neighborhood's history and identity; and

**WHEREAS**, the subject business is committed to maintaining the physical features and traditions that define the business; and

**WHEREAS**, at a duly noticed public hearing held on May 29, 2019, the San Francisco Small Business Commission reviewed documents and correspondence, and heard oral testimony on the Legacy Business Registry application; therefore





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OFFICE OF SMALL BUSINESS

CITY AND COUNTY OF SAN FRANCISCO
LONDON N. BREED, MAYOR

OFFICE OF SMALL BUSINESS
REGINA DICK-ENDRIZZI, DIRECTOR

BE IT RESOLVED that the Small Business Commission hereby includes Scarpelli and Associates Physical Therapy in the Legacy Business Registry as a Legacy Business under Administrative Code Section 2A.242.

BE IT FURTHER RESOLVED that the Small Business Commission recommends safeguarding the below listed physical features and traditions at Scarpelli and Associates Physical Therapy:

Physical Features or Traditions that Define the Business:

- Dedication to providing outstanding health care to the community in manual orthopedic physical therapy and advocating for patient care and rights.
Business model of one-to-one, in-depth assessment of complex patients.
Specialization in the evaluation and treatment of musculoskeletal problems as a result of sports injuries, trauma, work habits or inherited or developed postures and poor movement habit patterns.
Ergonomic assessments for workplace and pre-sports training.
Formal mentoring program.
Statue of Martin De Porres in lobby.

BE IT FURTHER RESOLVED that the Small Business Commission requires maintenance of the below listed core physical feature or tradition to maintain Scarpelli and Associates Physical Therapy on the Legacy Business Registry:

- Physical therapy.

I hereby certify that the foregoing Resolution was ADOPTED by the Small Business Commission on May 29, 2019.

Regina Dick-Endrizzi
Director

RESOLUTION NO. \_\_\_\_\_

- Ayes -
Nays -
Abstained -
Absent -





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LONDON N. BREED, MAYOR

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REGINA DICK-ENDRIZZI, DIRECTOR

**Legacy  
Business  
Registry**

# Application Review Sheet

*Application No.:* LBR-2018-19-051  
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*Nomination Date:* April 10, 2019  
*Nominated By:* Supervisor Rafael Mandelman

**CRITERION 1:** Has the applicant has operated in San Francisco for 30 or more years, with no break in San Francisco operations exceeding two years?       X       Yes                      No

4200 18th Street, Suite 102 from 1985 to Present (34 years)

**CRITERION 2:** Has the applicant contributed to the neighborhood's history and/or the identity of a particular neighborhood or community?       X       Yes                      No

**CRITERION 3:** Is the applicant committed to maintaining the physical features or traditions that define the business, including craft, culinary, or art forms?       X       Yes                      No

**NOTES:** N/A

**DELIVERY DATE TO HPC:** April 17, 2019

Richard Kurylo  
Program Manager, Legacy Business Program



Member, Board of Supervisors  
District 8



City and County of San Francisco

## RAFAEL MANDELMAN

April 10, 2019

Re: Nomination of Scarpelli and Associates Physical Therapy to the Legacy Business Registry

Dear Director Regina Dick-Endrizzi,

I am writing to nominate Scarpelli and Associates Physical Therapy to the Legacy Business Registry. Scarpelli and Associates Physical Therapy, Inc. ("Scarpelli and Associates" or "SAPT") is a niche Orthopedic Manual Therapy practice that has been in operation for 34 years at 4200 18th Street. The focus of the practice, since its inception, has been to provide outstanding physical therapy service and wellness support services to the community. The company is proud to have helped thousands of patients overcome pain and disability and reach their personal best.

The business began in September 1985 and has operated continuously without interruption to the present day. The business was founded by Elizabeth Scarpelli (Liz) and Lisa Kakehashi as a partnership, and called Scarpelli and Kakehashi Physical Therapy.

Liz Scarpelli, has been a therapist for 42 years and brings a wealth of experience, expertise and energy to her practice. She has mentored over 14 graduate Physical Therapists on the path to specialization in orthopedic manual physical therapy and has mentored over 30 students vying for spots in university graduate programs in physical therapy. She was a senior instructor for over 20 years in the Kaiser Hayward Physical Therapy Residency and Fellowship Program, the first program of its kind in the country.

In addition to providing excellent physical therapy treatment and care to their patients, Scarpelli and Associates makes additional culturally important contributions to the Castro by donating to the Castro Merchants' Holiday Tree fund and financially supporting the AIDS/LifeCycle.

Given Scarpelli and Associates Physical Therapy's enduring presence in the Castro and their commitment to providing excellent care and treatment to the community, I strongly believe that they would benefit from being a part of San Francisco's Legacy Business Registry, and I want to thank you for your consideration.

Sincerely,

A handwritten signature in black ink, appearing to read "RJM".

Rafael Mandelman  
Member, San Francisco Board of Supervisors

## Section One:

**Business / Applicant Information.** Provide the following information:

- The name, mailing address, and other contact information of the business;
- The name of the person who owns the business. For businesses with multiple owners, identify the person(s) with the highest ownership stake in the business;
- The name, title, and contact information of the applicant;
- The business's San Francisco Business Account Number and entity number with the Secretary of State, if applicable.

<b>NAME OF BUSINESS:</b>		
Scarpelli & Associates Physical Therapy, Inc.		
<b>BUSINESS OWNER(S) (identify the person(s) with the highest ownership stake in the business)</b>		
Elizabeth Scarpelli		
<b>CURRENT BUSINESS ADDRESS:</b>		<b>TELEPHONE:</b>
4200 18th Street, Suite 102 San Francisco, CA 94114		415 )626-1929
		<b>EMAIL:</b>
<b>WEBSITE:</b>	<b>FACEBOOK PAGE:</b>	<b>YELP PAGE</b>
https://scarpellipt.com	Scarpelli and Associates Phy	

<b>APPLICANT'S NAME</b>	
Elizabeth Scarpelli	<input checked="" type="checkbox"/> Same as Business
<b>APPLICANT'S TITLE</b>	
President & CEO	
<b>APPLICANT'S ADDRESS:</b>	<b>TELEPHONE:</b>
	<b>EMAIL:</b>

<b>SAN FRANCISCO BUSINESS ACCOUNT NUMBER:</b>	<b>SECRETARY OF STATE ENTITY NUMBER (if applicable):</b>
1007464	Sec of State #: C3728480

<b>OFFICIAL USE: Completed by OSB Staff</b>	
<b>NAME OF NOMINATOR:</b>	<b>DATE OF NOMINATION:</b>



## Section Two:

### Business Location(s).

List the business address of the original San Francisco location, the start date of business, and the dates of operation at the original location. Check the box indicating whether the original location of the business in San Francisco is the founding location of the business. If the business moved from its original location and has had additional addresses in San Francisco, identify all other addresses and the dates of operation at each address. For businesses with more than one location, list the additional locations in section three of the narrative.

ORIGINAL SAN FRANCISCO ADDRESS:	ZIP CODE:	START DATE OF BUSINESS
4200 18th Street, San Francisco, CA	94114	September, 1985
IS THIS LOCATION THE FOUNDING LOCATION OF THE BUSINESS?	DATES OF OPERATION AT THIS LOCATON	
<input type="checkbox"/> No <input checked="" type="checkbox"/> Yes	Sept. 1985 to present	

OTHER ADDRESSES (if applicable):	ZIP CODE:	DATES OF OPERATION
None		Start:
		End:

OTHER ADDRESSES (if applicable):	ZIP CODE:	DATES OF OPERATION
		Start:
		End:

OTHER ADDRESSES (if applicable):	ZIP CODE:	DATES OF OPERATION
		Start:
		End:

OTHER ADDRESSES (if applicable):	ZIP CODE:	DATES OF OPERATION
		Start:
		End:

OTHER ADDRESSES (if applicable):	ZIP CODE:	DATES OF OPERATION
		Start:
		End:

OTHER ADDRESSES (if applicable):	ZIP CODE:	DATES OF OPERATION
		Start:
		End:

## Section Three:

### Disclosure Statement.

#### San Francisco Taxes, Business Registration, Licenses, Labor Laws and Public Information Release.

This section is verification that all San Francisco taxes, business registration, and licenses are current and complete, and there are no current violations of San Francisco labor laws. This information will be verified and a business deemed not current in with all San Francisco taxes, business registration, and licenses, or has current violations of San Francisco labor laws, will not be eligible to apply for the Business Assistance Grant.

In addition, we are required to inform you that all information provided in the application will become subject to disclosure under the California Public Records Act.

Please read the following statements and check each to indicate that you agree with the statement. Then sign below in the space provided.

- I am authorized to submit this application on behalf of the business.
- I attest that the business is current on all of its San Francisco tax obligations.
- I attest that the business's business registration and any applicable regulatory license(s) are current.
- I attest that the Office of Labor Standards and Enforcement (OLSE) has not determined that the business is currently in violation of any of the City's labor laws, and that the business does not owe any outstanding penalties or payments ordered by the OLSE.
- I understand that documents submitted with this application may be made available to the public for inspection and copying pursuant to the California Public Records Act and San Francisco Sunshine Ordinance.
- I hereby acknowledge and authorize that all photographs and images submitted as part of the application may be used by the City without compensation.
- I understand that the Small Business Commission may revoke the placement of the business on the Registry if it finds that the business no longer qualifies, and that placement on the Registry does not entitle the business to a grant of City funds.

*Elizabeth M. Scarpelli* 2/11/2019 *Elizabeth Scarpelli*

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Name (Print):

Date:

Signature:

## **SCARPELLI AND ASSOCIATES PHYSICAL THERAPY, INC.**

### **Section 4: Written Historical Narrative**

#### **CRITERION 1**

**a. Provide a short history of the business from the date the business opened in San Francisco to the present day, including the ownership history. For businesses with multiple locations, include the history of the original location in San Francisco (including whether it was the business's founding and or headquartered location) and the opening dates and locations of all other locations.**

Scarpelli and Associates Physical Therapy, Inc. (“Scarpelli and Associates” or “SAPT”) is a niche Orthopedic Manual Therapy practice that has been in operation for 34 years at 4200 18th Street. The focus of the practice, since its inception, has been to provide outstanding physical therapy service and wellness support services to the community. The company is proud to have helped thousands of patients overcome pain and disability and reach their personal best.

The business began in September 1985 and has operated continuously without interruption to the present day. The business was founded by Elizabeth Scarpelli (Liz) and Lisa Kakehashi as a partnership, and called Scarpelli and Kakehashi Physical Therapy. At that time, Dr. Michael T. Michael owned the Martin de Porres Medical Building and was kind to give two young entrepreneurial women, who had never run a business, a chance. A statue of Martin de Porres remains located on the wall in the entrance way, though the name of the building was changed to Mak Medical about 10 years ago.

In 2014, Lisa Kakehashi retired from the practice and with this change Elizabeth Scarpelli modified the business name to Scarpelli & Associates Physical Therapy Inc. providing the same services to the community and in the same location.

Elizabeth Scarpelli, PT, OCS, FAAOMPT, has been a therapist for 42 years and brings a wealth of experience, expertise and energy to her practice. She has mentored over 14 graduate Physical Therapists (PTs) on the path to specialization in orthopedic manual physical therapy and has mentored over 30 students vying for spots in university graduate programs in physical therapy. She was a senior instructor for over 20 years in the Kaiser Hayward Physical Therapy Residency and Fellowship Program, the first program of its kind in the country. This program set the standard for advanced clinical residency education in the United States, and Liz implements the comprehensive assessment/reassessment model used in the program for patient treatment and continues to mentor therapists in her clinic. Through a structured mentoring program and constructive feedback, the therapists grow professionally. They dig deep to solve complex musculoskeletal problems in this collaborative setting, and patients benefit by getting back to a healthier and more active lifestyle.

**b. Describe any circumstances that required the business to cease operations in San Francisco for more than six months?**

The business has been in continuous operation since its founding in September 1985, beginning as Scarpelli and Kakehashi Physical Therapy. With Lisa Kakehashi's retirement in 2014, the business became an S Corp and the business name was modified to Scarpelli and Associates Physical Therapy, Inc. while continuing to provide the same services.

**c.. Is the business a family-owned business? If so, give the generational history of the business.**

The business not a family-owned business, defined here as any business in which two or more family members are involved and the majority of ownership or control lies within a family.

**d. Describe the ownership history when the business ownership is not the original owner or a family-owned business.**

Elizabeth Scarpelli is one of the original business owners since September 1985 and continues to operate the business as Scarpelli and Associates Physical Therapy, Inc. in its original location at 4200 18th Street, San Francisco. The business is an S Corp and solely owned by Liz who is the CEO and president.

**e. When the current ownership is not the original owner and has owned the business for less than 30 years, the applicant will need to provide documentation of the existence of the business prior to current ownership to verify it has been in operation for 30+ years. Please use the list of supplemental documents and/or materials as a guide to help demonstrate the existence of the business prior to current ownership.**

Documentation of the existence of the business verifying it has been in operation for 30+ years is provided in this Legacy Business Registry application.

**f. Note any other special features of the business location, such as, if the property associated with the business is listed on a local, state, or federal historic resources registry.**

The historic resource status of the building at 4200 18th Street is classified by the Planning Department as Category B, Unknown / Age Eligible, with regard to the California Environmental Quality Act.

## **CRITERION 2**

**a. Describe the business's contribution to the history and/or identity of the neighborhood, community or San Francisco.**

The business began with two young physical therapists, Elizabeth Scarpelli and Lisa Kakehashi, who shared a strong interest in a new area of physical therapy in the United States: manual orthopedic physical therapy. In 1981, they attended the very first physical therapy clinical residency program in the country through Kaiser Permanente in Hayward, CA. This program set

the standard for advanced clinical residency education in orthopedic physical therapy. They graduated in September 1982. In 1985, Liz and Lisa decided to begin a private practice together in the Castro district.

Their contribution to the community is above standard of care that they have been recognized for numerous times. They vowed then and continue to never become a “dog and pony” show. They strive for individualized plans of care that fit the personal needs and goals of each patient, from body builders and athletes to adolescents and little old ladies. They respect the person’s privacy by maintaining individual treatment rooms for manual therapy care. They educate all patients on the value of exercise both physically and emotionally. They educate the aging and elderly patients about the ability to still have an active life by dispelling the myth that they have so often been told, “You’re old, just live with it.” They strive to get those patients back in the game by giving them the tools they need, whether it is balance, strength, endurance, etc., and in as pain free a way as possible. They strongly believe in educating their community of LGBTQ teen patients on the importance of safe sex and dispelling the myth that HIV is just like diabetes.

**b. Is the business (or has been) associated with significant events in the neighborhood, the city, or the business industry?**

Scarpelli and Associates donates to the Castro Merchants’ Holiday Tree fund and donates financial support for AIDS/LifeCycle riders.

**c. Has the business ever been referenced in an historical context? Such as in a business trade publication, media, or historical documents?**

Elizabeth Scarpelli has been published in the American Physical Therapy Journal, and on the Kaiser Permanente national website. She wrote “HIV and DVT, The Decision Not to Treat,” published in Kaiser Permanente’s internal educational publication in October 2007. She also published a blog for the movie Miss Representation regarding the sordid history of foot binding and other insults to women’s feet.

Scarpelli and Associates Physical Therapy was the winner of the Patient’s Choice Award from Expertise.com in 2014; winner of the Outstanding Clinic Award from the San Francisco Awards Program in 2014, 2016 and 2018; top 3 physical therapists in San Francisco by threebestrated.com in 2017 and 2018; and winner of Book Local Community Choice Award by yocale.com in 2018. It is consistently rated top five physical therapy clinics on yelp.com.

**d. Is the business associated with a significant or historical person?**

All patient relationships are highly confidential and therefore cannot be represented herein with the exception of the letters of recommendation.

**e. How does the business demonstrate its commitment to the community?**

Scarpelli and Associates is committed to those in San Francisco living with HIV. After evaluating a man seeking treatment for calf pain, Liz recognized something wasn't right. The patient was sent immediately to the emergency room, and a blood clot was diagnosed. Manual therapy could have killed him. That spurred Liz to do literature research, and what followed was an article titled, "HIV and DVT, The Decision Not to Treat," published in Kaiser Permanente's internal educational publication in October 2007. Since 2015, people in California can access a physical therapist directly without a physician's referral. This puts the onus on the physical therapist to do a thorough examination to be sure the patient's condition is within our purview to treat, and when it is not within our purview to refer the patient to the appropriate medical practitioner.

Scarpelli and Associates' has contributed funds to AIDS/LifeCycle.

At the request from the Post Master General's senior physician in Washington, Scarpelli and Associates was asked to report what was going on in the USPO Evans Street facility that was causing so many accidents. SAPT sent a report high lighting how to make the jobs of postal workers a lot safer by using correct ergonomics and replacing or repairing broken equipment.

Scarpelli and Associates has led exercise classes at Monsignor Lyne Community for the elderly confined to wheelchairs; volunteered at Rooftop Alternative Elementary School in the sensory motor classes to identify children who had difficulty with a wide range of coordination, balance and timing issues; advised 300 RING nurses (Rehabilitative Insurance Nurses Group) in the East Bay regarding what makes up a competent and comprehensive physical therapy evaluation for their worker's compensation injured patients; advised the staff and parents at St. Vincent de Paul about the importance of physical activity and adequate recess on developing minds and stress reduction in children when the school cut their recess to 15 minutes a day. Liz also wrote a highly regarded blog for the movie "Miss Representation."

**f. Provide a description of the community the business serves.**

Scarpelli and Associates serves people with musculoskeletal problems regardless of race, sexual orientation, religion or age, with the exception that they do not treat children under two years old because they feel the children are better served in a pediatric setting. Most clients come from the Castro and Noe Valley communities, but Scarpelli and Associates also serves the greater San Francisco community.

**g. Is the business associated with a culturally significant building/structure/site/object/interior?**

The building that SAPT has been a tenant in for 34 years was built by Dr. Michael T. Michael in the 1960s. Dr. Michael revered the Dominican monk, Martin De Porres, who was a mixed race healer who advocated for social justice for the poor. A statue of Martin De Porres stands in the wall in the lobby.

**h. How would the community be diminished if the business were to be sold, relocated, shut down, etc.?**

If the business were to close, thousands of patients would no longer have access to one of the top physical therapy practices and San Francisco, a number of employees would be displaced and Liz's long commitment to mentoring physical therapy students would be lost. Liz has mentored over 30 students seeking entrance into physical therapy graduate programs and continues to mentor countless young therapists after graduation, giving them much needed supervision and guidance as they enter their new career. Many of these young therapists have gone on to advanced residency programs as well.

**CRITERION 3**

**a. Describe the business and the essential features that define its character.**

Scarpelli and Associates Physical Therapy's defining feature is its dedication to provide outstanding health care to the community in manual orthopedic physical therapy, and advocating for patient care and rights. SAPT is concerned that physical therapy "mills" churning out patients would change how patients receive care, how much progress they would make and their risk of recurrence. As many in the gay community age, they recognize that Scarpelli and Associates has kept them physically healthy and strong and pain free over decades, and they seek out the business.

**b. How does the business demonstrate a commitment to maintaining the historical traditions that define the business, and which of these traditions should not be changed in order to retain the businesses historical character? (e.g., business model, goods and services, craft, culinary, or art forms)**

Scarpelli & Associates Physical Therapy's defining feature is its 34 years of continuous service and commitment to the community. The Castro remains a neighborhood in the city with artistic vibrancy and joy that is palpable on the street and it is where Scarpelli & Associates' employees want to work.

Scarpelli and Associates is known for their business model of one-to-one, in-depth assessment of complex patients. They specialize in the evaluation and treatment of musculoskeletal problems as a result of sports injuries, trauma, work habits or inherited or developed postures and poor movement habit patterns. They do ergonomic assessments for workplace and pre sports training to get people to their highest level of function and prevent injuries. They have a formal mentoring program for each new therapist, which lasts a minimum of one year. They treat the young to the very old – 103 years of age is their record! They also do expert witness testimony. As CEO and President, Liz demands the highest ethical standards from all her staff, keeping that standard herself as an example. The company abides by HIPAA regulations.

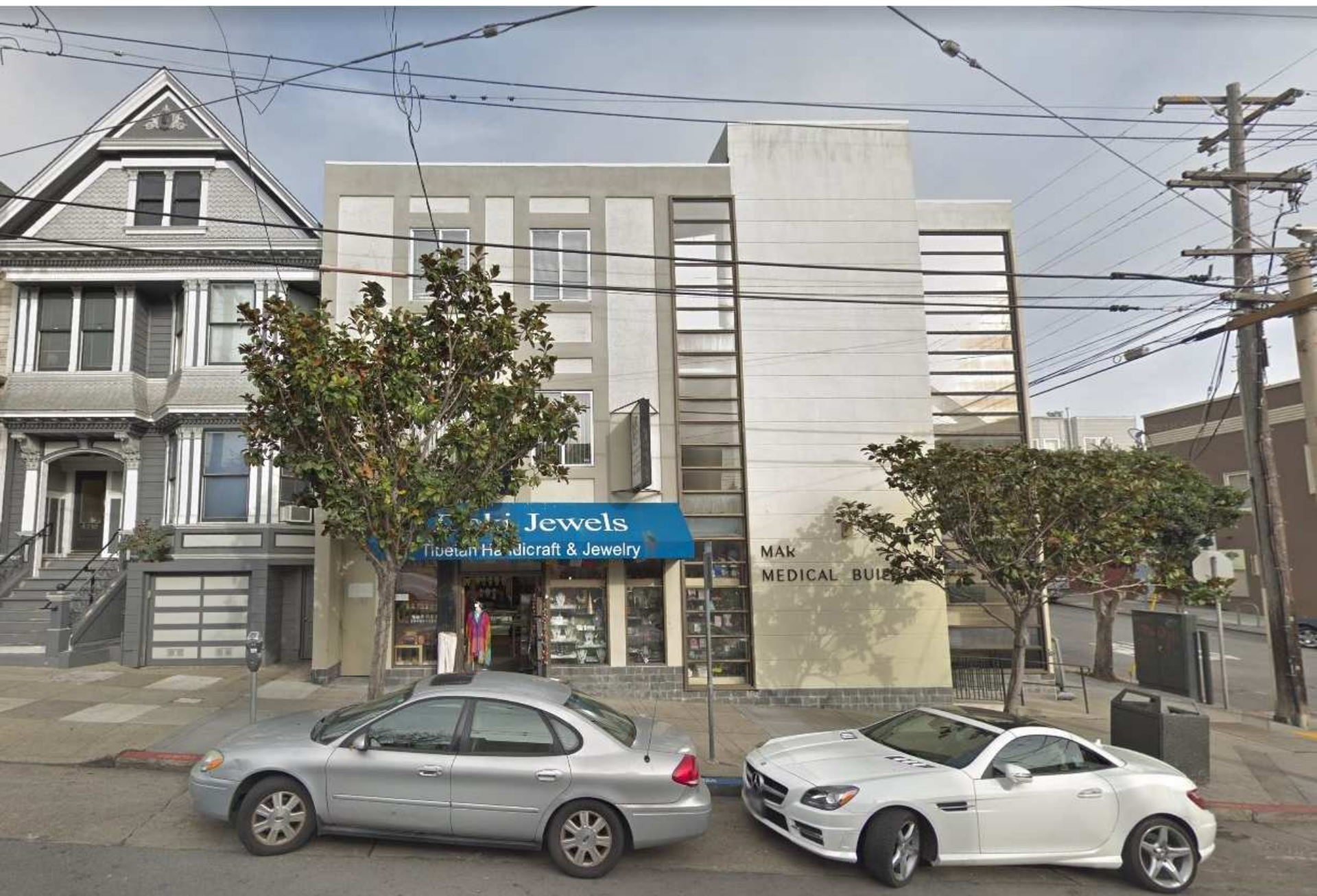
**c. How has the business demonstrated a commitment to maintaining the special physical features that define the business? Describe any special exterior and interior physical characteristics of the space occupied by the business (e.g. signage, murals, architectural details, neon signs, etc.).**

Aside from the statue of Martin De Porres, which stands in the wall in the lobby, there are no physical features, such as exterior or interior physical characteristics, that define the business.

**d. When the current ownership is not the original owner and has owned the business for less than 30years; the applicant will need to provide documentation that demonstrates the current owner has maintained the physical features or traditions that define the business, including craft, culinary, or art forms. Please use the list of supplemental documents and/or materials as a guide to help demonstrate the existence of the business prior to current ownership.**

Elizabeth Scarpelli is one of the original owners. Documentation that demonstrates the business has been an Orthopedic Manual Physical Therapy business for 30+ years is included in this Legacy Business Registry application.







*Deki Jewels*  
Tibetan Handicraft & Jewelry

AL BUILDING



MAK  
MEDICAL BUILDING

4200

ELIZABETH M. SCARPELLI &  
MARTIN M. MASS, M.D.

R.P.T.

PRANA URBAN HEALING LOUNGE



MARTIN DE PORRES  
MEDICAL BUILDING

VICEROY HEALTH OF 201  
S.F NICKY SHAH, M.D

CAROLINE KERHERVE 202  
BREASTFEEDING AND  
PARENTING CENTER

PRANA URBAN HEALING 203  
LOUNGE

ROGER J. KUHN, LMFT 204

JOHN FRANCIS SPA 205

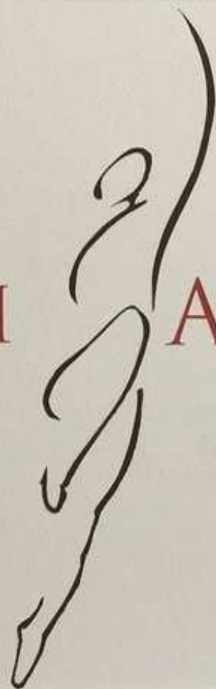
SCARPELLI & ASSOCIATES 101  
PHYSICAL THERAPY

TONY DE ACUPUNCTURE 102  
CLINIC

APPLIED NEUROBEHAVIORAL 103  
ASSOCIATES 104



SCARPELLI



ASSOCIATES physical therapy

#102















4200 18th St  
San Francisco, CA 94114  
**(415) 626-1929**

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## Staff



### Elizabeth Scarpelli

Physical Therapist, Orthopedic Clinical Specialist

Elizabeth Scarpelli, PT, OCS, FAAOMPT, has been a therapist for 35 years and brings a wealth of experience, expertise and energy to her practice. She has mentored over 30 graduate PTs on the path to specialization in orthopedic manual physical therapy. She was a senior instructor for over 20 years in the Kaiser Hayward PT Residency and Fellowship program, the first program of its kind in the country. This program set the standard for advanced clinical residency education in the US and Liz takes this philosophy to heart and continues to mentor therapists in her clinic. Her goal is to assist the PT to be the best they can be and pass it on. This provides huge benefits to our patients because that expertise in long term mentoring is carried forward to our patients treatments. That collaboration between therapists assists sorting out complex patient problems so that they can be addressed in the most efficient way.

Liz has been published in the American Physical Therapy Journal, and Kaiser Permanente National Website. She wrote a blog for the movie Miss Representation regarding the sordid history of foot binding and other insults to women's feet.

Liz is an avid cyclist and treats her son (when he's home) who rode on the Italian cycling team Aren Cucina last year.



### Christopher Clukies

Physical Therapist, Doctor of Physical Therapy

Christopher Clukies PT, DPT is a therapist who brings a sharp mind, a kind heart and inquisitive mind to his practice and the perfect therapist to work along side Liz. Chris brings very good listening skills, a vital skill to patient's who feel professionals have not heard them. He wholeheartedly embraces the mentoring process and is fully engaged in providing excellent patient care. Chris is an avid cyclist. He is fluent in Spanish.



### Katelynn Allen

Katelynn Allen graduated from Cal Poly, San Luis Obispo with a B.S. in Kinesiology and minor in Biology. She then went on to earn her Doctorate in Physical Therapy from the University of St. Augustine. As an avid soccer player, and wakeboarder, Kate has a special interest in sports performance and orthopedics. She promotes the use of manual therapy along with functional movements to allow patients to return to the activities and sports they love. Kate is a fun-loving person who enjoys living an active life full of pastimes including hiking, running, snowboarding, and exploring the great outdoors.

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Scarpelli & Associates is ranked as a top Physical Therapy in San Francisco CA  
Verified by Yocale.com



Handpicked top 3 best physical therapists in San Francisco, California.  
Verified by threebestrated.com

Scarpelli and Associates Physical Therapy, Inc.  
4200 18th St  
San Francisco, CA 94114  
**(415) 626-1929**

Scarpelli & Kakehashi Physical Therapy

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OUTSTANDING PHYSICAL THERAPY CLINIC

*San Francisco*

2014

Award

PRESENTED BY

*San Francisco*  
Award Program

Scarpelli & Associates  
Physical Therapy

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ORTHOPEDIC MANUAL PHYSICAL THERAPY

*San Francisco*

2016

Award

PRESENTED BY

*San Francisco*  
Award Program

February 5, 2019

To whom it may concern,

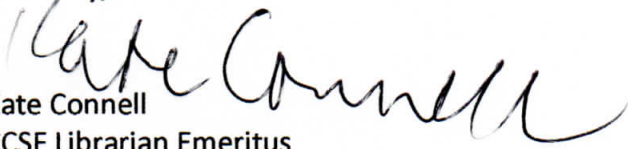
I write this letter as the highest of recommendations and support for Scarpelli and Associates Physical Therapy's application to become a recognized Legacy Business in San Francisco. I first became a patient of Elizabeth Scarpelli's in 1997. Scarpelli was recommended to me by my chiropractor in order to have a severe case of repetitive stress treated. Over the last twenty-two years, I have returned to receive excellent, effective, comprehensive and reliable treatment. Scarpelli has stayed committed as a small business in the Castro, despite the many waves of change in the neighborhood and in the city. I know the neighborhood well, I grew up there, and am acutely aware of how few businesses from earlier decades have survived and chosen to remain.

In the summer of 2015, Scarpelli and Associates were treating my husband, Oscar Melara, for injuries sustained in a biking accident. Oscar awoke on the morning of his appointment at the Scarpelli offices with a strange swelling on his upper lip which he found frightening. Elizabeth Scarpelli recognized the need for treatment, called his primary care doctor and arranged for him to be seen immediately. His swelling was diagnosed as an unusual reaction to blood pressure medication that he'd taken for more than 15 years. I have referred many friends and associates to Scarpelli and Associates Physical Therapy. As a librarian at City College of San Francisco, I employed a student worker who had back pains that treatment hadn't resolved. She saw Elizabeth Scarpelli and through treatment and recommended exercises she improved to the point of being pain free. When I mention Scarpelli's name to doctors I've seen over the course of the last two decades, it's been clear that that she is known and well respected in the medical field in this city. I've also referred friends who are doctors to Scarpelli for treatment and one of them recently described Scarpelli as "an excellent diagnostician."

Something I like and respect about Scarpelli and Associates Physical Therapy is their demonstrated respect for patients and staff of all ages, cultural backgrounds, gender identities and abilities. This business is committed, is warm and welcoming, professional, generous and always goes the extra mile for the patient. I recommend them any chance I get. Scarpelli and Associates Physical Therapy is, in practice, a Legacy Business.

Please don't hesitate to contact me with any questions at 415-572-3942.

Sincerely,



Kate Connell  
CCSF Librarian Emeritus



February 4, 2019

Elizabeth Scarpelli  
Scarpelli & Associates Physical Therapy Inc.  
4200 18th Street  
San Francisco, CA 94114

Dear Liz,

I'm writing this letter to support your efforts to be recognized as a San Francisco Legacy Business, a designation your firm truly deserves.

I have been your patient for about two decades. During that time I've also brought my children to you repeatedly for physical therapy following sports injuries, as well as recommended numerous friends and work colleagues to your practice because you provide excellent care—the best I and my family have experienced anywhere in the city.

You listen to patients carefully, provide highly accurate diagnoses, spend more time per visit actually delivering therapy compared to other providers, communicate proactively with patients' doctors outside of appointment times, carefully coach patients on exercise routines for ongoing self-rehab and then provide the emotional support and encouragement for patients to develop disciplined exercise habits to ensure the best possible recovery. I and my family members have been referred by orthopedists to a handful of other physical therapy providers in San Francisco over the years, none of whom have offered the outstanding level of care and positive outcomes that you have been able to provide. In recent years, I have made it a practice to consult with you first when I have orthopedic problems, prior to consulting my general practitioner or an orthopedist, because I trust that your diagnostic skills and therapy programs will result in better outcomes more quickly, if and when I ultimately see an orthopedist.

In my experience, your goal as a practitioner has always been to get your patients back to full health and an active lifestyle as quickly as possible, without unnecessary, costly office visits, even though that might not seem to be in the short term interest of your business. You do the right thing by your patients and in the long run, I believe it pays off for your business too. You've always been very honest and communicative, when you've determined that physical therapy cannot fully address my problems. You have encouraged me to consult with doctors about other remedies when appropriate, as was the case prior to my recent shoulder surgery. You've worked closely with me to determine the best time to "graduate" from in-office therapy to in-home, self-directed exercise. In a system dominated by fee-for-service care (which incentivizes medical professionals to over-treat), your integrity and concern for patients' economic as well as health concerns is uncommon and much needed.

I believe your practice is unique among physical therapy practices in San Francisco and more than deserves the support that a Legacy Business designation would provide. I'd be very happy to provide further information by phone or in person to anyone evaluating your application for this status, if that would be helpful.

My best,



Susan Green

San Francisco, CA 94114

San Francisco, CA 94114

February 6, 2019

To Whom It May Concern:

I've been a Castro resident for over 15 years, and I've been a client of Scarpelli and Associates a few times. They have been a great asset to the Castro, and their loss to this neighborhood would cost us local residents a valuable local resource.

As a gay man -and now an "elder" - it's crucial to me that I feel confident I'm receiving the best care possible, regardless of my sexual orientation. Besides being given excellent care, I've felt completely at ease at Scarpelli and Associates. I've noticed other clients I've met in passing there reflect the wide diversity of my community.

First and foremost, for those of us with mobility-limiting injuries, proximity is critical. Several years ago I suffered catastrophic injuries to both knees requiring extensive tendon repairs and intensive physical rehab. During the time I was using a wheelchair, Paratransit stranded me several times far from my home. Once was after PT at Scarpelli and Associates' office, and that time I was able to call on friends to help me get home. This becomes more important when one is going to PT several times a week, as can be common.

Another important thing about Scarpelli and Associates is their willingness to work with patients with atypical therapy needs. Due to insurance restrictions and/or institutional incompetence, I was faced with the prospect of being sent to a board and care facility and having to pay for it and my physical therapy out of pocket while I was recovering from that knee injury. This would've bankrupted me while providing suboptimal care. When I was able to return home the corporate in-home PT service I was referred to would not commit to provide the frequency and consistency of physical therapy I needed. I reached out to Liz, and she and her team came to my rescue. They worked closely with my surgeon, providing me with the effective, intensive PT program and I attained a 95% recovery of my pre-injury mobility.

Equally as important as accessing care is the ability to pay for it. Even with an a muddled insurance situation, I was able to make an agreement with them so that I could get the care I needed when I needed it, and she was willing to trust that I would ultimately make them whole financially. Which I was able to do over time. Big corporate practices simply don't have the ability — or dedication — to be similarly flexible. Over the years, I have referred several friends in the LGBT community, and with atypical financial situations, to Scarpelli and Associates, and they've received outstanding care here when none would've been available elsewhere.

It would be a shame if they were forced out of the neighborhood they've been a part of for so long because of this highly speculative, unsustainable commercial rental market. The more so considering that it's their "patients first we'll sort out the payment later" philosophy that may have contributed to their current bind.

I hope that the legacy Business program we'll see its way clear to help Liz and her extraordinary team stay in the neighborhood they've been a part of for 30 years.

Sincerely



Ken Katen

# Liz Scarpelli

rob kish [REDACTED]

Tue 1/29/2019 5:04 AM

To: Scarpelli & Associates physical therapy inc <info@scarpellipt.com>;

I don't expect you to remember me but about 30 years ago when I lived in San Francisco, I was sent to you by the surgeon at the Spine Center as my last option before having spinal surgery for herniated disks, L4/5 L5/S1. Your office was off Castro, I think in the same location. I was only 40, in great shape and the surgeon said he expected an excellent outcome but he did say that he had to tell me that I could end up worse than I was and in more pain). The pain was so bad as it was, I considered suicide. I remember you saying that you primarily dealt with post surgical patients but you were willing to try. I can remember sitting in your office for my first visit and thinking that everyone was so old and so overweight and I wasn't sure why I was there. I remember when you walked out to the waiting room, a short woman who was solid muscle.

I was in so much pain I was taking 1000 mg of Ibuprofen just to be able to stand up and probably 400 mg more every 4 hours to keep moving. I couldn't straighten my right leg. I had to sleep on all fours when I slept at all. I had to take so much Ibuprofen my skin was actually gray.

When you took me into your therapy rooms, you looked at me and said "Well, I guess I can't tell you to lose weight (since I was working out pretty hard back then) and that's the first thing I tell my patients." You strapped me into your traction machine and that gave me no relief and then you just put me on a flat workout bench with one leg bent at the knee and you just rocked me gently back and forth. I was so bad I think I was seeing you 3 times a week for double sessions. I was an attorney doing juvenile law and I've ever forgotten some of the things you personally told me.

I can remember the first time I was able to sleep. It was sitting up in a chair but I was able to sleep without pain and it was the first time in months. I felt so wonderful. I brought you flowers on my next visit and I thought I was done. The pain was almost gone, I was able to sleep but I wasn't able to straighten my leg yet. You looked at me and said, "No, my goal is to have you be able to lie down in your bed fully extended."

Then the work started. You worked my ass so hard and I remember you did everything you had me do right next to me and when you were done with me. There was even a competitive quality which I enjoyed. Because of you, I was in the best shape of my life and you could bounce a quarter off my ass! LOL You also taught me so much about how to lift, bend, posture and I have never forgotten those lessons.

Well I'll be 72 and still haven't had back surgery! I have some days when I'm stiff but not even enough to take an Advil.

Now if you're wondering what precipitated this email, I'm still an attorney but now I do mostly corporate and business tax returns. One of my clients has been a patient in your office and when I saw your name as a medical deduction, all of these memories came flooding back.

I'm glad you're still doing what you're superb at and I happy you're still helping people.

Best regards,

Rob Kish

February 2, 2019

Elizabeth Scarpelli  
Scarpelli Associates Physical Therapy  
4200 18th Street  
San Francisco, CA 94114

Dear Liz,

I'm writing this letter on your behalf in support of your efforts to be recognized as a San Francisco Legacy Business.

I first came to see you in approximately 1997 or 1998 about 1.5 years after I herniated a disc in my lower back. I was initially referred to you by my orthopedist, Dr. Mark Sontag. I started seeing Dr. Sontag soon after my herniation. Because my office was located in Palo Alto, I saw several Physical Therapists who were near my office or Dr. Sontag's office in Woodside (later Redwood City). The short story was that I was getting virtually no benefit at all from my 2x or 3x per week sessions with the PTs I was seeing. My situation was getting increasingly worse and was negatively impacting both my personal and professional life.

During one of my consultations with Dr. Sontag, I explained to him in great detail what was taking place in my physical therapy sessions and how I felt that the entire process was extremely rote and lacked a clear understanding of my situation. He told me that one of the best physical therapists he knew was you and strongly recommended that I see you.

It makes me smile to think back on how fortunate I am that he made that recommendation and that I started seeing you!

Beginning with the very first consultation I had with you right up to more recent times, your evaluation skills are tremendous and unsurpassed by any other PT or orthopedist I've ever seen. You always take the time to figure out exactly what's going on and then you develop a very precise treatment plan. Whether the issues are related to my lower back, neck, or knee, you've been the one who's taken the time and had the insight to diagnose the condition better than anyone else – including my orthopedists – to get me on the right rehabilitation plan, and get me healthy again.

Over the years I've recommended you to my wife and children, as well as friends and their children. This is something I wouldn't do unless I was 100% confident that they'd receive the same amazing level of care that you've provided me. Every one of the people whom I've recommended you to has had the same experience I've had.

I tell people that you're empathetic, but at the same time demanding. You positively motivate your patients to establish better habits and to make the commitment that's essential to achieving a positive outcome. You've never wavered in this approach or commitment and a lot of people like me, my family, and friends are much better off for it.

Unlike every other PT that I, my family or friends have been to, your goal is not to maximize the number of office visits. Your goal is to get us back to doing our chosen activities as quickly as possible, to be self-sufficient, and to not require any more office visits than are absolutely necessary to feeling well and getting back to an active life. I wish every healthcare professional in this country had this approach.

You have also always taken it upon yourself to proactively communicate with my other doctors to ensure that everyone is informed and on the same page with respect to my treatment plan and progress. I recognize you aren't compensated for the significant time you've taken to do this, yet you've always done it because that's how you operate and you know it'll lead to the best outcome.

It should be clear to the San Francisco Legacy Business decisionmakers that your practice is truly unique and deserves to be honored accordingly. I'd be more than happy to provide additional information regarding my experience as a patient in your practice.

Thank you,



David Thompson

██████████  
San Francisco, CA 94114  
██████████

[REDACTED]  
San Francisco, CA 94117

February 4, 2019

To whom it may concern:

I write in full support of Scarpelli & Associates' application for designation as a Legacy Business.


I have been going to Liz Scarpelli or one of her associates for physical therapy for more than 30 years. I started going there even before I moved to San Francisco from the Peninsula in 1988. Every member of my family who lives in San Francisco has followed me to her office and I have referred countless friends and business colleagues to her, many of whom in turn have become longtime patients like me and have referred still more people there over the years.

I have kept going to Liz as have these others because of the superb care she offers and the emotional support she provides as I strive to recover from whatever ailment has brought me to her yet again. She and her colleagues work magic with their hands on sore joints and muscles and have not only obviated the need for several surgeries that had been recommended for me but turned out not to be needed. Equally importantly they helped me get into the best possible shape for major surgery that was, in the end, absolutely necessary.

I think Scarpelli & Associates deserve recognition as a Legacy Business not only for the outstanding services they have provided me and countless others over the years but also for the incredible grit and determination that Liz has shown to grow and maintain her business. To say that it has not been easy is an understatement, as I have observed repeatedly over these years, but Liz has never given up on her commitment to provide her unique "brand" of physical therapy through her own business to residents of the Castro and the rest of the City. I have witnessed her deal with numerous obstacles, from escalating paperwork and other requirements from Social Security, to the reluctance of doctors to refer their patients to physical therapists not connected with their offices or PPO networks, to incredibly difficult landlords. But she has persevered to the benefit of countless San Franciscans. To me, she epitomizes the expertise, dedication and commitment of the best of the City's healers and the grit and tenacity of our most successful small business people.

I urge you to designate Scarpelli & Associates one of San Francisco's Legacy Businesses.

Thank you in advance for considering my views.



Johanna H. Wald



4200 18th St  
San Francisco, CA 94114  
**(415) 626-1929**

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## Reviews

Add A Review



"Kate Allen and Liz Scarpelli are fantastic physical therapists. I was referred to their clinic after shoulder surgery by Dr. Lesley Anderson. I've had wonderful care and a terrific outcome. Thank you!"

Julie K.



"Hats off to the team at Scarpelli! I came in with severe spinal stenosis which resulted in daily pain in my left shoulder and arm. Through my work with Chris and Liz, I learned how to care for myself and beat this thing by doing the right sets of exercise and changing my body movement habits. I'm no longer experiencing any of that pain and wanted them and everybody else to know what I consider to be a miracle.. 5 Stars +++"

Kenneth F.



"Many years ago, like 20 years ago, I was referred to Liz by my neurosurgeon. One of my spinal discs had ruptured and I wanted to see if I could avoid surgery. After having several sessions with Liz she told me that since I hadn't improved I should have the surgery. She is honest and ethical! I did see her after the surgery and she helped me enormously."

Jan C.



"Great practice"

Noemi G.



"How great is Liz? Let me tell you. Over 14 years ago, Liz treated me related to neck issues caused by an auto accident. After that, Liz helped my with lower back problems (related to surgery over 30 years ago and some not-so-bright activity on my part). Liz got me out of pain; then gave me exercises and stretches to keep out of trouble. I had some pain due to not following her directions in the interim. She'd get me back to pain-free and then get me back to the exercises and smart back activities. I haven't been back to see her in a few years (other than meet for coffee). Liz Scarpelli knows her physical therapy and I strongly encourage you to trust your care to her."

George M.

## Testimonials

Prior to seeing Liz Scarpelli, I have seen two physical therapists and a chiropractor that didn't help me (in fact I think they may have made the problem worse). Liz is a top notch specialist with years of experience who will not only help you get better, but will also give you tools to manage the issues you may have in the future.

This level of service and commitment is very hard to find and I recognize it when I see it. Chris is super warm and personable and put me at ease from day one. I appreciate his organization and planning ahead of our appointments and he seems very committed to the emotional and physical well-being of his clients. He's also a very sweet person and fun to work with.

Liz Scarpelli is the most committed and talented physical therapist I have ever worked with. She literally gave me my life back. Dr. Robert Purchase, referred me to Liz Scarpelli. He called her "the Sherlock Holmes" of PT, and she was the specialist to whom he referred "his most difficult cases." Liz more than lived up to the hype. She gave me a thorough assessment and came up with the true root cause of my ongoing pain. She has a warm and confident bedside manner, and she helped me through dealing with the physical pain and emotional distress that comes with living with a persistent injury. In six weeks Liz had taken me farther than anyone had in the previous six months. After two months of regular visits with Liz I was back to jogging and surfing—something the folks at Healthwell told me to kiss goodbye. Thanks to Liz I am living a normal, pain-free life again.

I dislocated my shoulder while skiing this season (note to self – do not follow through on a ski jump if you feel off balance). Turns out in addition to dislocating my shoulder I fractured the shoulder, tore a tendon and tore my labrum. The orthopedist recommended I have physical therapy first before considering surgery. He recommended Liz Scarpelli as the person he would go to if he had a problem. She read through the MRI report and tested my arm with some exercises. After that she was able to tell me more about my injury and recovery process than my orthopedist. She's now been working with me for 4 weeks to help build up strength in my shoulder and arm, and stretching out the joint to increase the range of motion. Everytime I see her she retests my arm and gives me new exercises. I appreciate that she herself is very active and sporty – skiing, windsurfing, biking, etc – it makes feel like she understands my lifestyle and what I want to be able to do – skiing, swimming, biking. She's also very upfront about how long the recovery will be and what I can expect. I feel like I've made a lot of progress under her instruction.

I met with Liz Scarpelli for a very sore neck pain that would not go away. Liz has over 30 years of experience dealing with pain of all sorts. Liz did a thorough intake of me and helped me discover why the pain was there! Liz did a very gentle therapy which felt like a lengthening massage. She suggested I adjust the seat in my car and also gave me a few take home exercises. I woke up the next day PAIN FREE! I highly recommend Liz for anyone with pain or injury.

Liz Scarpelli is the best Physical Therapist I have seen and my absolute most preferred healthcare practitioner. I have seen many PTs and trainers over the years, but Liz distinguishes herself in her deep knowledge of the human body and her vast abilities to connect that to each patient's unique situation. She is insightful, straightforward and incredibly talented. I've seen Liz off and on over the last 18 years for lower back, neck, knee and shoulder issues. For every one of these injuries, she has figured out what's going on – often better than my prescribing physician – and worked out a very specific treatment plan that WORKS. My friends and family – many of whom also see her – know I recommend Liz to everyone who needs the benefits of an outstanding PT. Beyond her skills, Liz is super smart, funny, interesting and extremely ethical. She is focused on improving the health outcomes of her patients and not trying to get another office visit. If you need a great Physical Therapist, you will be very glad Liz is the one treating you.

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Scarpelli & Associates is ranked as a top Physical Therapy in San Francisco CA Verified by Yocale.com



Handpicked top 3 best physical therapists in San Francisco, California. Verified by threebestrated.com

Scarpelli and Associates Physical Therapy, Inc.  
4200 18th St  
San Francisco, CA 94114  
**(415) 626-1929**



*Filing Date:* April 17, 2019  
*Case No.:* 2019-006247LBR  
*Business Name:* Scarpelli and Associates Physical Therapy  
*Business Address:* 4200 18th Street  
*Zoning:* Castro Street NCD (Neighborhood Commercial District) Zoning District  
40-X Height and Bulk District  
*Block/Lot:* 2648/052  
*Applicant:* Elizabeth Scarpelli, President and CEO  
4200 18th Street, Suite 102  
San Francisco, CA 94114  
*Nominated By:* Supervisor Rafael Mandelman, District 8  
*Staff Contact:* Shelley Caltagirone - (415) 558-6625  
shelley.caltagirone@sfgov.org  
*Reviewed By:* Tim Frye – (415) 575-6822  
tim.frye@sfgov.org

## **BUSINESS DESCRIPTION**

Scarpelli and Associates Physical Therapy, Inc. (“Scarpelli and Associates” or “SAPT”) is a niche Orthopedic Manual Therapy practice that has been in operation since 1985 at 4200 18<sup>th</sup> Street. The focus of the practice, since its inception, has been to provide outstanding physical therapy service and wellness support services to the community. The company has helped thousands of patients overcome pain and disability. The business was founded by Elizabeth Scarpelli (Liz) and Lisa Kakehashi as a partnership. In 2014, Lisa Kakehashi retired from the practice and with this change Elizabeth Scarpelli modified the business name but continued providing the same services to the community and in the same location.

Elizabeth Scarpelli, PT, OCS, FAAOMPT, has been a therapist for 42 years and brings a wealth of experience, expertise and energy to her practice. She has mentored over 14 graduate Physical Therapists (PTs) on the path to specialization in orthopedic manual physical therapy and has mentored over 30 students vying for spots in university graduate programs in physical therapy. She was a senior instructor for over 20 years in the Kaiser Hayward Physical Therapy Residency and Fellowship Program, the first program of its kind in the country. This program set the standard for advanced clinical residency education in the United States, and Liz implements the comprehensive assessment/reassessment model used in the program for patient treatment and continues to mentor therapists in her clinic. Through a structured mentoring program and constructive feedback, the therapists grow professionally. They dig deep to solve complex musculoskeletal problems in this collaborative setting, and patients benefit by getting back to a healthier and more active lifestyle.

The business is located on the northwest corner of 18<sup>th</sup> and Collingwood streets in the Castro neighborhood. It is within the Castro Street NCD (Neighborhood Commercial District) Zoning District and within a 40-X Height and Bulk District.

## STAFF ANALYSIS

### *Review Criteria*

1. *When was business founded?*

The business was founded in 1985.

2. *Does the business qualify for listing on the Legacy Business Registry? If so, how?*

Yes. Scarpelli and Associates Physical Therapy qualifies for listing on the Legacy Business Registry because it meets all of the eligibility Criteria:

- i. Scarpelli and Associates Physical Therapy has operated continuously in San Francisco for 34 years.
- ii. Scarpelli and Associates Physical Therapy has contributed to the history and identity of San Francisco and the Castro neighborhood.
- iii. Scarpelli and Associates Physical Therapy is committed to maintaining the physical features, craft, art form and traditions that define the business.

3. *Is the business associated with a culturally significant art/craft/cuisine/tradition?*

Yes. The business is associated with the tradition of physical therapy.

4. *Is the business or its building associated with significant events, persons, and/or architecture?*

Yes. The property is located within the proposed Castro LGBTQ Cultural District, which is an area associated with significant events and persons related to the formation of the LGBTQ community in San Francisco and to the historical and ongoing fight for LGBTQ civil rights.

5. *Is the property associated with the business listed on a local, state, or federal historic resource registry?*

No. The property has a Planning Department Historic Resource status of "B" (Property Requires Further Research) because of its age (1967).

6. *Is the business mentioned in a local historic context statement?*

No.

7. *Has the business been cited in published literature, newspapers, journals, etc.?*

Yes. Elizabeth Scarpelli has been published in the American Physical Therapy Journal, and on the Kaiser Permanente national website. She wrote "HIV and DVT, The Decision Not to Treat," published in Kaiser Permanente's internal educational publication in October 2007. She also published a blog for the movie Miss Representation regarding the sordid history of foot binding and other insults to women's feet.

Scarpelli and Associates Physical Therapy was the winner of the Patient's Choice Award from Expertise.com in 2014; winner of the Outstanding Clinic Award from the San Francisco Awards Program in 2014, 2016 and 2018; top 3 physical therapists in San Francisco by threebestrated.com in 2017 and 2018; and winner of Book Local Community Choice Award by yocale.com in 2018. It is consistently rated top five physical therapy clinics on yelp.com.

***Physical Features or Traditions that Define the Business***

**Location(s) associated with the business:**

- 4200 18<sup>th</sup> Street

**Recommended by Applicant**

- Dedication to providing outstanding health care to the community in manual orthopedic physical therapy and advocating for patient care and rights
- Business model of one-to-one, in-depth assessment of complex patients
- Specialization in the evaluation and treatment of musculoskeletal problems as a result of sports injuries, trauma, work habits or inherited or developed postures and poor movement habit patterns.
- Ergonomic assessments for workplace and pre-sports training
- Formal mentoring program
- Statue of Martin De Porres in lobby

**Additional Recommended by Staff**

- None



# SAN FRANCISCO PLANNING DEPARTMENT

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## Historic Preservation Commission Draft Resolution No. ###

HEARING DATE: MAY 15, 2019

*Case No.:* 2019-006247LBR  
*Business Name:* Scarpelli and Associates Physical Therapy  
*Business Address:* 4200 18th Street, Suite 102  
*Zoning:* Castro Street NCD (Neighborhood Commercial District) Zoning District  
40-X Height and Bulk District  
*Block/Lot:* 2648/052  
*Applicant:* Elizabeth Scarpelli, President and CEO  
4200 18th Street, Suite 102  
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*Staff Contact:* Shelley Caltagirone - (415) 558-6625  
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*Reviewed By:* Tim Frye - (415) 575-6822  
tim.frye@sfgov.org

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**415.558.6378**

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**415.558.6409**

Planning  
Information:  
**415.558.6377**

**ADOPTING FINDINGS RECOMMENDING TO THE SMALL BUSINESS COMMISSION APPROVAL OF THE LEGACY BUSINESS REGISTRY NOMINATION FOR SCARPELLI AND ASSOCIATES PHYSICAL THERAPY CURRENTLY LOCATED AT 4200 18<sup>TH</sup> STREET, (BLOCK/LOT 2648/102).**

**WHEREAS**, in accordance with Administrative Code Section 2A.242, the Office of Small Business maintains a registry of Legacy Businesses in San Francisco (the "Registry") to recognize that longstanding, community-serving businesses can be valuable cultural assets of the City and to be a tool for providing educational and promotional assistance to Legacy Businesses to encourage their continued viability and success; and

**WHEREAS**, the subject business has operated in San Francisco for 30 or more years, with no break in San Francisco operations exceeding two years; and

**WHEREAS**, the subject business has contributed to the City's history and identity; and

**WHEREAS**, the subject business is committed to maintaining the traditions that define the business; and

**WHEREAS**, at a duly noticed public hearing held on May 15, 2019, the Historic Preservation Commission reviewed documents, correspondence and heard oral testimony on the Legacy Business Registry nomination.

**THEREFORE BE IT RESOLVED** that the **Historic Preservation Commission hereby recommends** that Scarpelli and Associates Physical Therapy qualifies for the Legacy Business Registry under Administrative Code Section 2A.242(b)(2) as it has operated for 30 or more years and has continued to contribute to the community.

**BE IT FURTHER RESOLVED** that the **Historic Preservation Commission hereby recommends** safeguarding of the below listed physical features and traditions for Scarpelli and Associates Physical Therapy.

**Location(s):**

- 4200 18<sup>th</sup> Street

**Physical Features or Traditions that Define the Business:**

- *Dedication to providing outstanding health care to the community in manual orthopedic physical therapy and advocating for patient care and rights*
- *Business model of one-to-one, in-depth assessment of complex patients*
- *Specialization in the evaluation and treatment of musculoskeletal problems as a result of sports injuries, trauma, work habits or inherited or developed postures and poor movement habit patterns.*
- *Ergonomic assessments for workplace and pre-sports training*
- *Formal mentoring program*
- *Statue of Martin De Porres in lobby*

**BE IT FURTHER RESOLVED** that the **Historic Preservation Commission's findings and recommendations** are made solely for the purpose of evaluating the subject business's eligibility for the Legacy Business Registry, and the Historic Preservation Commission makes no finding that the subject property or any of its features constitutes a historical resource pursuant to CEQA Guidelines Section 15064.5(a).

**BE IT FURTHER RESOLVED** that the **Historic Preservation Commission hereby directs** its Commission Secretary to transmit this Resolution and other pertinent materials in the case file 2019-006247LBR to the Office of Small Business May 15, 2019.

Jonas P. Ionin  
Commission Secretary

AYES:

NOES:

ABSENT:

ADOPTED: