

| PHYSICAL THERAPISTS | | | | |
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| Resource | Address | Phone | Description of FP Services | Other |
| Ability Rehabilitation Services | 737 Pearl Street, Suite 108 La Jolla, California 92037 | (858) 456-2114 | | www.physicaltherapysandiego.com |
| Balance Plus Physical Therapy | 3794 Clairemont Drive San Diego, CA 92114 | (858) 483-1600 | | www.kathygrimsby.com |
| Challenge Center | 5540 Lake Park Way La Mesa, CA 91942 | (619) 667-8644 | | www.challengecenter.org |
| El Cajon Therapy Associates | 590 South Magnolia Ave El Cajon Ca 92020 | (619) 444- 6113 | Evaluation of fall risks including TUG, Berg, Tinetti, etc. Exercise program based on the results of the evaluation including but not limited to gait training, strengthening, balance and coordination exercises, home program, counseling on home safety and referral to appropriate agencies, etc for help and assistance as needed. | elcajontherapy.com |
| Gentiva Home Health, Safe Strides Program | 2525 Camino Del Rio South, Suite 220 San Diego, Ca 92108-3717 | (619) 299-9900 | Gentiva is a Medicare certified home health company, offering in home skilled nursing, physical therapy, occupational therapy, speech therapy, and medical social worker. Gentiva Safe Strides program is a specialized balance and vestibular rehabilitation program, offered in the comfort of the patient's own home. | www.gentiva.com |
| Home Therapy Associates | 4980 Skyhawk Way Oceanside, Ca 92056 | (760) 643-9347 | Home based physical therapy services with focus on the frail elderly population. Certified by American Physical Therapy Association as Exercise Expert for Aging Adults. Offers fall prevention and balance training services as part of comprehensive orthopedic and neurological rehabilitation for seniors. | www.therapyspecialists.net |
| In-Home Therapy Services | 533 2nd Street Encinitas, Ca 92024 | (760) 814-4938 931-5769 | (800) We offer in-home physical therapy to seniors with Medicare. Our focus is treating balance and gait disorders and we cover most of San Diego county. | www.sandiegoinhometherapy.com |
| North Coast Physical Therapy | 3633 Vista Way Suite 101, Oceanside, Ca 92056 | (760) 729- 7298 | Treatment of complex balance and dizziness disorders is our specialty. We are certified balance and vestibular dysfunction specialists experienced in the complexity of issues neurologically and orthopedically that cause imbalance, dizziness, vertigo, nausea, and falling. | We are located in North County San Diego, but serve patients from all over the southern california region looking for specialty care. Please call with your questions. We enjoy the opportunity to guide individuals needing direction in finding the right health professionals |
| North Coast Physical Therapy at Aegis at Shadowridge | 1440 South Melrose Drive Oceanside Ca 92056 | (760)729-7298 | We are a group of specialized Physical Therapists that work with patients to reduce their risk of falls through specialized designed programs. We have balance and vestibular specialists and geriatric specilists. We accept Medicare patients. | northcoastpt.com |
| Prevention Worx | Carlsbad, CA 92008 | (760) 434-1589 | Physical Therapist and Board Certified Griatric Specilaist. Work in Home Health, Consultant for Adult Day Health Care and Private PT in pt's home | www.sharp.com/srs |
| Pura Vida Fit Physical Therapy Inc. | Physical Therapy provided in your home | (619) 518-6301 | A physical therapist with 20+ years of experience working with the geriatric population will perform a thorough evaluation and provide physical therapy in your home. | www.puravidafit.com Provide in home PT services for San Diego, La Jolla and Del Mar Archstone Grant |

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| Rehab United | 3959 Ruffin Road, Suite F San Diego, CA 92123 | (858) 279-5570 | | www.rehabunited.com |
| San Diego Home Health | 511 Encinitas Blvd. Suite 100 Encinitas, Ca 92024 | (760) 436- 7344 | Onsite evaluation and training under medicare part A. Multifaceted fall prevention including management of medications and disease by an RN; evaluation of home safety and home safety modifications and exercise for fall prevention completed by together by occupational | http://www.sdhhc.com Serving all of San Diego and North County, |
| Scripps Memorial Hospital- Encinitas*** | 354 Santa Fe Drive Encinitas, CA 92024 | (760) 633-6507 | Comprehensive Balance and Vestibular Rehabilitation Program serving a wide variety of diagnoses | www.scripps.org |
| Sharp | Coronado Hospital 250 Prospect Place Coronado, Ca 92118 | (619) 591- 3729 | Vestibular and Balance Rehabilitation Program. Recreational Therapy exercise classes including arthrosxim, gentle fitness, and other programs. | www.sharp.com |
| Sharp | Grossmont Rehab Center 5555 Grossmont Center Drive La Mesa, Ca 91944 | (619) 740- 4100 | | |
| Sharp | Memorial Rehab Center 2999 Health Center Drive San Diego, Ca 92123 | (619) 939- 6949 | | |
| Sharp Health Care Balance and Vestibular Program | Chula Vista Rehab Center 752 Medical Center Court Suite 303 Chula Vista, Ca 91911 | (619) 591- 7900 | | |
| Sharp Rees Stealy | La Mesa- 7862 El Cajon Blvd, La Mesa, Ca 91941 | (619) 644- 6452 | A comprehensive physical therapy evaluation is provided for the diagnoses of positional vertigo, vestibular hypo-function, dizziness, central vertigo and ataxia, dizziness with imbalance, and cervical vertigo. Individualized treatment programs are developed and implemented by the physical therapist. | |
| Sharp Rees Stealy | Kearny Villa- 3666 Kearny Villa Rd, Suite 200, San Diego, Ca | (858) 505- 5400 | | |
| Sharp Rees Stealy | Rancho Bernardo- 16950 Via Tazon, San Diego, Ca 92127 | (858) 521- 2265 | | |
| SHARP Rees-Stealy Downtown Clinic | 2001 4th Ave San Diego, CA 92101 | (619) 446-1730 | PT one on one rehab to improve balance, strength, prevent falls. | www.sharp.com/srs |
| Sharp Rees-Stealy Physical Therapy | Otay Ranch- 1400 E. Palomar St, Chula Vista Ca 91943 | (619) 398- 3077 | | |
| Sports Arena Physical Therapy | 4120 W. Point Loma Blvd San Diego, CA 92110 | (619) 226-4131 | Sports Arena PT conducts evaluations and provides interventions for clients with balance and fall risks. We will evaluate a client's medications, physical and environmental risk factors and provide suggestions, personal exercise programs and group classes to reduce clients' risk of injury and improve their mobility | www.sportsarena-pt.com |

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| Therapy Specialists | 3760 Convoy Street Suite 204 San Diego, CA 92111 | (858)514-0375 | Screens, evals and treatment; occasional | www.therapyspecialists.net |
| Tri-City Medical Center Rehab Services | 4002 Vista Way Oceanside, CA 92056 | (760) 940-7272 | Comprehensive Balance and Vestibular Therapy (PT/OT) | www.tricitymed.org |