

**PHYSICAL THERAPISTS**

**Description:** All Physical Therapists that offer fall prevention services should be licensed. Please see the Physical Therapy Board of California website for more information: <http://www.ptbc.ca.gov>.

Resource	Contact E-mail	Address	Phone	Description of FP Services	Website
Ability Rehabilitation Services	<a href="mailto:abilityrehab@gmail.com">abilityrehab@gmail.com</a>	737 Pearl Street, Suite 108 La Jolla, Ca 92037	(858) 456-2114	Provides balance reaction training, timing improvement, functional training, tailored exercise training- strength, flexibility, and balance. Services use assistive device assessments, shoe and orthopedic assessments and more.	<a href="http://www.abilityrehabsd.com/">http://www.abilityrehabsd.com/</a>
Challenge Center	<a href="http://infochallengecenter.org">infochallengecenter.org</a>	5540 Lake Park Way La Mesa, CA 91942	(619) 667-8644	Challenge Center guides and provides patients with ways to deal with long term physical disability. We provide a team of Physical Therapists who are there to address the needs of each client.	<a href="http://www.challengecenter.org">www.challengecenter.org</a>
El Cajon Therapy Associates	<a href="mailto:info@elcajontherapy.com">info@elcajontherapy.com</a>	590 South Magnolia Ave El Cajon, Ca 92020	(619) 444- 6113	We evaluate individuals at risk for falls including TUG, Berg, Tinnetti, etc. Our exercise programs are based on each evaluation to include gait, strength, balance, and coordination training. Counseling on home safety and referrals are also available.	<a href="http://elcajontherapy.com/">http://elcajontherapy.com/</a>
Kindred at Home	<a href="mailto:web_administrator@kindred.com">web_administrator@kindred.com</a>	2525 Camino Del Rio South, Suite 220 San Diego, Ca 92108-3717	(619) 299-9900 ext 242	Kindred at Home is a Medicare certified home health company, offering in-home skilled nursing, physical therapy, occupational therapy, and speech therapy. Kindred at Home specializes in balance and vestibular rehabilitation programs; and it is offered in the comfort of the patient's own home. We provide home health and hospice services you need and want in the comfort of your home. Our nurses, therapists and other healthcare professionals bring you quality care and emotional support with specialized therapies and procedures to assist with activities of daily living and social services.	<a href="https://www.kindredhealthcare.com/locations/home-health/san-diego-ca-7022">https://www.kindredhealthcare.com/locations/home-health/san-diego-ca-7022</a>
In-Home Therapy Services	<a href="mailto:info@inhometherapyservices.com">info@inhometherapyservices.com</a>	533 2nd Street Encinitas, Ca 92024	(800) 931-5769	We are a state licensed Medicare Part B provider of in-home physical and occupational therapy. Our therapists deliver outstanding one-on-one outpatient therapy in private homes, retirement communities or in assisted living facilities. We come to the patient so the patient doesn't have to come to us. We are fully devoted to making senior's lives more independent, pain-free, and safe with our specialized in-home therapy services. We also aim to build solid partnerships and relationships within our community to better serve our geriatric population.	<a href="http://www.sandiegoinhometherapy.com">www.sandiegoinhometherapy.com</a>
Dr. Kimberley Bell, DPT Kim Bell Physical Therapy Inc. Doctor of Physical Therapy Vestibular Expert Health Coach.	<a href="mailto:Info@BetterBalanceInLife.com">Info@BetterBalanceInLife.com</a>	Phone consultations available and house calls in certain parts of San Diego County	(760) 652-9993	Dr. Kimberley Bell, DPT is an expert in Fall Prevention, Vestibular Rehabilitation and strategies to reverse normal aging who has served as the Clinical Leader of the San Diego Fall Prevention Task Force for over ten years. Dr. Bell's team of licensed physical therapists are Vestibular Experts who offer comprehensive, detailed in-home visits and specialty consultations, including an Initial Root Cause Evaluation and Treatments Package, follow up visits with packages and phone consultations for patients with most complex and difficult cases of dizziness, vertigo, imbalance and unexplained repeated falls. Dr. Bell's specialty consultations are not covered by health insurance or Medicare. No physician referral is required. Learn more about The Bell Method™, access multimedia e-courses, and sign up to follow Dr. Bell's blog or receive her newsletter at BetterBalanceInLife.com.	<a href="http://BetterBalanceInLife.com">BetterBalanceInLife.com</a> YouTube: Kimberley Bell Facebook: Kim Bell PT Info@BetterBalanceInLife.com
North Coast Physical Therapy	<a href="mailto:elianna@ncpt.sdcxmail.com">elianna@ncpt.sdcxmail.com</a>	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 neurological and orthopedic issues that cause imbalance, dizziness, vertigo, nausea, and falling.	<a href="http://www.northcoastpt.com/">http://www.northcoastpt.com/</a>

<b>Pura Vida Fit Physical Therapy Inc.</b>	<a href="mailto:info@puravidafit.com">info@puravidafit.com</a>	Physical Therapy provided in your home	(619) 518-6301	A physical therapist with 25+ years of experience working with the geriatric population. Performs a thorough evaluation and provides physical therapy in your home.	<a href="http://www.puravidafit.com">www.puravidafit.com</a>
<b>Rehab United</b>		3959 Ruffin Road, Suite J San Diego, CA 92123	(858) 279-5570	At Rehab United, our mission is to provide comprehensive functional rehabilitation. We provide strength and conditioning to all populations, including pediatrics, geriatrics, workers compensation, orthopedics and sports rehabilitation patients.	<a href="http://www.rehabunited.com">www.rehabunited.com</a>
<b>Scripps Memorial Hospital- Encinitas</b>		354 Santa Fe Drive Encinitas, CA 92024	(760) 633-6501	Scripps Health physical therapy programs in San Diego help patients increase their flexibility, balance, coordination, endurance and range of motion. Located across the street from Scripps Memorial Hospital Encinitas, our rehabilitation therapists offer a wide range of physical rehab services.	<a href="https://www.scripps.org/services/physical-rehabilitation-physical-therapy">https://www.scripps.org/services/physical-rehabilitation-physical-therapy</a>
<b>Sharp</b>		CORONADO HOSPITAL: 250 Prospect Place, Coronado, CA 92118; GROSSMONT REHAB CENTER: 5555 Grossmont Center Drive La Mesa, CA 91944; MEMORIAL REHAB CENTER: 2999 Health Center Drive San Diego, CA 92123	(800) 827-4277	At Sharp, our team of experts are here to help you on your road to recovery — every step of the way. Whether a balance disorder, brain or spinal cord injury, stroke or lymphedema, our goal is to help you regain movement and strength by providing a program that addresses your overall comfort, wholeness and well-being.	<a href="https://www.sharp.com/services/rehab/">https://www.sharp.com/services/rehab/</a>
<b>Sharp Rees Stealy</b>		344 F St., Suite 300, Chula Vista, CA 91910; 525 Third Ave., Chula Vista, CA 91910; 300 Fir St. San Diego, CA 92101; 2020 Genesee Ave. San Diego, CA 92123; 5525 Grossmont Center Drive, La Mesa, CA 91942; 7862 El Cajon Blvd., La Mesa, CA 91942; 9610 Granite Ridge Dr, Suite C, San Diego, CA 92123; 1400 E. Palomar St., Chula Vista, CA 91913; 16899 W Bernardo Dr, San Diego, CA 92127; 10243 Genetic Center Drive San Diego, CA 92121	(800) 827-4277	A comprehensive physical therapy evaluation is provided for the diagnoses of positional vertigo, vestibular hypo-function, dizziness, central vertigo, ataxia, dizziness with imbalance, and cervical vertigo. Individualized treatment programs are developed and implemented by the physical therapist.	<a href="https://www.sharp.com/locations/search/sharp-rees-stealy/rehabilitation-and-physical-therapy">https://www.sharp.com/locations/search/sharp-rees-stealy/rehabilitation-and-physical-therapy</a>
<b>Sports Arena Physical Therapy</b>		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 issues. We evaluate medications, physical and environmental risk factors and provide suggestions. Personal exercise programs and group classes are available to reduce risk for injury and improve mobility.	<a href="http://www.sportsarenapt.com/about/">http://www.sportsarenapt.com/about/</a>
<b>Therapy Specialists</b>		3760 Convoy Street Suite 204 San Diego, CA 92111	(800) 640-0058	Whether you or a loved one have experienced an injury or a health challenge that limits independence, mobility or functionality... our experienced clinicians collaborate with you and partner with your doctor(s) to customize care that focuses on restoring function and improving quality of life.	<a href="http://www.therapyspecialists.net">www.therapyspecialists.net</a>
<b>Tri-City Medical Center Rehab Services</b>		4002 Vista Way Oceanside, CA 92056	(760) 724-8411	Tri-City Medical Center provides healthcare that will get you back to normal after an illness or injury. If you or your loved one has had a stroke, brain or spinal cord injury, or has been diagnosed with a neuromuscular disease our physical rehabilitation services can help.	<a href="https://www.tricitymed.org/medical-services/rehabilitation/">https://www.tricitymed.org/medical-services/rehabilitation/</a>