

REHAB SPECIALISTS

PHYSICAL THERAPY
OCCUPATIONAL THERAPY
AQUATIC THERAPY
PEDIATRIC THERAPY
HOME CARE THERAPY
WOMEN'S PHYSICAL THERAPY

FLEXIBILITY. MOBILITY. RECOVERY.

Our treatments begin with a comprehensive evaluation of your physical complaint and condition. Your customized treatment plan is designed to address the assessment findings and to meet your personal wellness goals.



COMPREHENSIVE TREATMENTS INCLUDE:

- Warm water pool therapy
- Therapeutic exercises & Pilates-based exercise
- Soft tissue massage techniques
- Taping techniques
- Total decompression therapy for Lymphedema
- Multiple treatment modalities: (biofeedback, ultrasound, neuromuscular stimulation)

ADDITIONAL THERAPEUTIC TREATMENTS INCLUDE:

- Balance training
- Cardiovascular exercises
- Postural re-education
- Flexibility training
- Trunk stabilization
- Upper/lower body strengthening
- Wellness classes: (Feldenkrais®, Gyrotonic®, Yoga, Pilates)

SANTA MONICA (310) 828-0101

WOMEN'S PHYSICAL THERAPY

CONVENIENT LOCATIONS

We welcome the opportunity to better assist you.

415 N. CRESCENT DR. #130
BEVERLY HILLS, CA 90210
PH: 310.273.0877



2730 WILSHIRE BLVD. #533
SANTA MONICA, CA 90403
PH: 310.828.0101

WARM WATER POOL
2901 WILSHIRE BLVD. SUITE 103

5359 BALBOA BLVD. SUITE A
ENCINO, CA 91316
PH: 818.849.5396

WARM WATER POOL
ON SITE



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SANTA MONICA
ENCINO

PAIN KNOWS NO GENDER

BUT MEN AND WOMEN SOMETIMES REQUIRE SPECIALIZED TREATMENTS



For 30 years, we have provided both men and women with comprehensive care to relieve and rehabilitate their individual conditions.

Whether you are recovering from an injury, surgery, childbirth or simply want more mobility, we can help.

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BACK REHABILITATION

Back pain sufferers can benefit from physical therapy both in our warm water pool, as well as in our gyms. Whether recovering from surgery, anticipating surgery, or attempting to prevent surgery, physical therapy optimizes the opportunity to regain your full strength, mobility and function.

SURGERY PREVENTION

Orthopedic pool and land therapy often can help you avoid hip, knee or back surgery by maximizing your mobility, strength, flexibility and function, while reducing pain. With therapy, you can enjoy years of full activity.



PRE-OP THERAPY & POST-OP REHABILITATION

One key to a successful surgery is patient preparation. The more strength and flexibility you develop prior to surgery can speed the recovery process. Pool therapy offers an ideal environment to build strength and flexibility, both before and after surgery. Post-op, the transition from pool to land therapy can help you gently regain full function and strength.

WOMEN'S PHYSICAL THERAPY

PREGNANCY & POSTPARTUM THERAPY



PEDIATRIC THERAPY

We provide physical and occupational therapy for infants through teens targeting specific therapeutic goals to help improve:

- Torticollis
- Sensory-Motor Developmental Delays
- Neuromuscular/Neurological Disorders
- Orthopedic Conditions
- Post-surgical Rehabilitation

BREAST CANCER REHABILITATION

Our treatments are designed to prevent and remedy disabling surgical and radiological effects by combining manual massage, exercise, decongestive therapy, manual lymphatic drainage for lymphedema and self-care training.

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BALANCE TRAINING

Patients who complain of unsteadiness and others who have fallen due to poor balance can benefit from both pool and land therapy. We provide a safe progression of exercises to improve confidence, balance and strength.

FIBROMYALGIA & CHRONIC PAIN CONDITIONS

Physical therapy can successfully alleviate painful conditions in a number of ways. Physiological quieting and relaxation therapy can help relieve chronic pain, either in the warm therapeutic pool or on land. Manual massage therapy and biofeedback can also help reduce pain, as can supervised exercise, such as Feldenkrais® and yoga.



MOST INSURANCE ACCEPTED

We know that anxiety and confusion often accompany healthcare services; our staff works closely and confidentially with you to clarify your insurance benefits and to maximize your insurance re-imbusement.