

# PRESTIGE ORTHOPAEDICS & SPORTS MEDICINE

11939 Rancho Bernardo Rd. Suite 115, San Diego, CA 92128  
P: (858) 705 – 6130 F: (858) 400 - 4080

## Pelvic Floor Physical Therapy Recommendations

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
Select Physical Therapy	<p><u>Del Mar:</u> 11512 El Camino Real STE 110, San Diego, CA 92130</p> <p><u>La Jolla:</u> 3218 Governor Dr, San Diego, CA 92122</p> <p><u>Santee:</u> 10538 Mission Gorge Rd #120, Santee, CA 92071</p> <p><u>La Mesa Location:</u> 5648 Lake Murray Blvd, La Mesa, CA 91942</p>	<p><u>Del Mar:</u> <a href="tel:(858)793-1460">(858) 793-1460</a></p> <p><u>La Jolla:</u> <a href="tel:(858)453-3000">(858) 453-3000</a></p> <p><u>Santee:</u> <a href="tel:(619)312-6109">(619) 312-6109</a></p> <p><u>La Mesa:</u> <a href="tel:(619)464-1352">(619) 464-1352</a></p>	Call facility to determine in network insurances and coverage.
ASIS Physical Therapy	<p><u>Rancho Bernardo:</u> 11848 Bernardo Plaza Ct #100, San Diego, CA 92128</p>	<p><u>Rancho Bernardo:</u> (858) 217-2496</p> <p><b>Haley, Elena</b></p>	BlueShield PPO, Blue Cross, Aetna, HealthNet, Medicare
Empower Physical Therapy	<p><u>Rancho Bernardo:</u> 16776 Bernardo Center Dr #204a, San Diego, CA 92128</p>	<p><u>Rancho Bernardo:</u> <a href="tel:(858)361-8782">(858) 361-8782</a></p>	Call facility to determine in network insurances and coverage.