

PRESTIGE ORTHOPAEDICS & SPORTS MEDICINE

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

Recommended Physical Therapy Locations Rancho Bernardo/Poway

LOCATION:	ADDRESS:	CONTACT:	ACCEPTED INSURANCES:
Select Physical Therapy	16935 W Bernardo Dr Suite 180, San Diego, CA 92127	Phone: (858) 217-5837 Selectphysicaltherapy.com Recommended PT: Matthew Buck, PT, DPT,	Blue Cross/BlueShield National, United Healthcare, Oxford Health Plans, Molina Medical
ASIS Physical Therapy	11848 Bernardo Plaza Ct #100, San Diego, CA 92128	Phone: (858) 217-2496 Asisphysicaltherapy.com Pelvic Floor: Haley, Elena Sports: Aubrey, David, Leo, Kevin	BlueShield PPO, Blue Cross, Aetna, HealthNet, Medicare
Pro Active	12220 World Trade Dr. #130 San Diego, CA 92128	Phone: Proactive4pt.com Certified Hand Specialist – Kristin Armstrong	Call facility to determine in network insurance and coverage
Personally Fit	11610 Iberia Place, Suite 100 San Diego, CA 92128	Phone: (858) 485-6706 Personallyfitonline.com Recommended PT: Jim Flood	Call facility to determine in network insurance and coverage
Spine and Sport	15725 Pomerado Rd, Poway, CA 92064	Phone: (858) 675-7766	Medicaid Accepted
Scripps Ranch PT	9909 Mira Mesa Blvd Suite 120, San Diego, CA 92131	Phone: (858) 693-0436	Call facility to determine in network insurance and coverage

Carmel Valley

LOCATION:	ADDRESS:	CONTACT:	ACCEPTED INSURANCES:
Gaspar Physical Therapy	13350 Camino Del Sur Ste 1, San Diego, CA 92129	P: (858)790- 8549 Recommended PT: Jeffery Brown (sports – soccer) or Spencer Schreckengaust www.gaspartpt.com	Most PPOs, Medicare. Call facility to determine in network insurances and coverage.
Carmel Valley Physical Therapy	4765 Carmel Mountain Rd, Suite 202 San Diego, CA 92130	P: (858) 847-0044 Carmelvalleyphysicaltherapy.com	Call facility to determine in network insurances and coverage.
Pro Active Physical Therapy and Sports Medicine	12000 Carmel Country Rd, San Diego, CA 92130	P: (858) 509-9600 Proactive4pt.com Recommended PT: Nigell	United Healthcare, Medicare, Cigna, Blue Cross/Blue Shield, Aetna
RISE Physical Therapy	5550 Carmel Mountain Rd #208b, San Diego CA 92130	P: (858) 755-5200 Risephysicaltherapy.com	Aetna, Blue Cross/Blue Shield National, Cigna, Medicare Traditional, United Healthcare
Select Physical Therapy	11512 El Camino Real STE 110, San Diego, CA 92130	P: (858) 793-1460 Recommended PT: Aleeza	Call facility to determine in network insurances and coverage.

La Jolla/Del Mar

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
Torrey Pines Orthopedic Medical Group	12865 Pointe Del Mar Way, Del Mar, CA 92014	Phone: 858-535-1894 Recommended PT: Adam, DPT	Call facility to determine in network insurances and coverage.
PRN Physical Therapy	4435 Eastgate Mall Suite 120, La Jolla, CA 92121	Phone: (858) 587-8669 Prnpt.com	Call facility to determine in network insurances and coverage.

Select Physical Therapy	3218 Governor Dr, San Diego, CA 92122	Phone: (858) 453-3000 Selectphysicaltherapy.com	Blue Cross/BlueShield National, United Healthcare, Oxford Health Plans, Molina
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Solana Beach

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
Solana Beach Physical Therapy	530 Lomas Santa Fe Dr. Suite G Solana Beach, CA 92075	P: (858)755-6024 Recommended PT: Sarah	Call facility to determine in network insurances and coverage.
Gaspar Physical Therapy	981 Lomas Santa Fe Ste A Solana Beach, CA 92075	P: (858) 794-9995 Recommended PT: Jeffery Brown, DPT	Call facility to determine in network insurances and coverage.

Clairemont/Kearny Mesa

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
ES3 Physical Therapy	10425 Tierrasanta Blvd STE 102, San Diego CA 92124	Phone: 858-598-5055 Recommended PTs: Christin Ernst Renee Stetkevich Heather Hawthrow	Aetna, Blue Shield (No Blue Cross), Cigna, United Healthcare, Medicare, Tricare, Triwest
Perform Physical Therapy	4415 Genesee Ave, San Diego, CA 92117	Phone: 858-208-0402 Performphysicaltherapy.org Recommended PT: Dr. Claire Haeuptle, Dr. Trevor	Call facility to determine in network insurances and coverage.
Select Physical Therapy	3939 Ruffin Rd Suite 103, San Diego, CA 92123	Phone: (858) 380-4185 Selectphysicaltherapy.com Recommended PT: Brandon	Blue Cross/BlueShield National, United Healthcare, Oxford Health Plans, Molina Medical

Mission / Pacific Beach

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
Water & Sports Physical Therapy – Pacific Beach	2999 Mission Blvd STE 101, San Diego, CA 92109	Phone: (858) 216-4443 Waterandsportspt.com	Call facility to determine in network insurances and coverage.
ASIS Physical Therapy – Pacific Beach	1828 Garnet Ave, San Diego, CA 92109	Phone: (858) 217-2496 Asisphysicaltherapy.com Recommended PT: Jake	BlueShield PPO, Blue Cross, Aetna, HealthNet, Medicare
Select Physical Therapy	3737 Moraga Ave Suite B-117, San Diego, CA 92117	Phone: (858) 270-0981 Selectphysicaltherapy.com	Blue Cross/BlueShield National, United Healthcare, Oxford Health Plans, Molina Healthcare
Ocean Physical Therapy	4501 Mission Bay Dr #3k, San Diego, CA 92109	Phone: (858) 866-0340 Oceanpt.net	Aetna, HealthNet, Blue Shield, Blue Cross, Medicare

North County

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
Spine and Sport	San Marcos: 2115 Montiel Rd, San Marcos, CA 92069 Escondido: 431 N Escondido Blvd, Escondido, CA 92025	San Marcos: (760) 839-2905 Escondido: (800) 976-7544	Medicaid Accepted
RISE Physical Therapy	Carlsbad: 6451 El Camino Real Ste B2, Carlsbad, CA 92009 Encinitas: 613 Westlake St #130, Encinitas, CA 92024 Escondido: 205 W Mission Ave Suite F, Escondido, CA 92025	Carlsbad: (858) 755-5200 Encinitas: (858) 755-5200 Escondido: (858) 755-5200	Call facility to determine in network insurances and coverage.

Pro Active Physical Therapy	<u>Vista:</u> 1025 Service Pl #200, Vista, CA 92084 <u>Carlsbad:</u> 6070 Avenida Encinas, Carlsbad, CA 92011	<u>Vista:</u> (760) 842-8824 <u>Carlsbad:</u> (760) 388-6475	Call facility to determine in network insurances and coverage.
Select Physical Therapy	<u>Vista:</u> 400 S Melrose Dr Suite 215, Vista, CA 92081	<u>Vista:</u> (760) 509-9901	Call facility to determine in network insurances and coverage.
Gaspar Physical Therapy	<u>Oceanside:</u> 3809 Plaza Dr #112, Oceanside, CA 92056 – Recommended PT: Lucas <u>Carlsbad:</u> 6102 Avenida Encinas Ste E, Carlsbad, CA 92011	<u>Oceanside:</u> (760) 941-2630 <u>Carlsbad:</u> (760) 634-9750	Call facility to determine in network insurances and coverage.

East County

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
Select Physical Therapy	<u>Santee Location:</u> 10538 Mission Gorge Rd #120, Santee, CA 92071 <u>La Mesa Location:</u> 5648 Lake Murray Blvd, La Mesa, CA 91942 <u>Mission Valley:</u> 7425 Mission Valley Rd Suite 201, San Diego, CA 92108	<u>Santee:</u> (619) 312-6109 <u>La Mesa:</u> (619) 464-1352 <u>Mission Valley:</u> (619) 291-3400	Call facility to determine in network insurances and coverage. La Mesa location takes Community Health Group
PRN Physical Therapy	<u>El Cajon:</u> 1663 Greenfield Dr, El Cajon, CA 92021	<u>El Cajon:</u> (619) 440-5752	Medicaid Accepted
Spine and Sport Physical Therapy	<u>Lemongrove:</u> 7050 Broadway, Lemon Grove, CA 91945	<u>Lemongrove:</u> (619) 745-5932	Medicaid Accepted
RISE Physical Therapy	<u>El Cajon:</u> 1488 Pioneer Way #13, El Cajon, CA 92020	<u>El Cajon:</u> (858) 755-5200	Call facility to determine in network insurances and coverage.
Ramona Physical Therapy	850 Main St #105, Ramona, CA 92065	Phone: (760) 789-1424	Call facility to determine in network insurances and coverage.
Alpine Physical Therapy	2549 Alpine Blvd, Alpine, CA 91901	Phone: (619) 445-3168 PT recommended: Matt Kraemer	Call facility to determine in network insurances and coverage.

South County

LOCATION:	ADDRESS:	CONTACT:	COMMON ACCEPTED INSURANCES:
PRN Physical Therapy	<u>Bonita:</u> 3130 Bonita Rd UNIT 100, Chula Vista, CA 91910 <u>Chula Vista:</u> 2437 Fenton St Suite B, Chula Vista, CA 91914	<u>Bonita :</u> (619) 422-5315 <u>Chula Vista:</u> (619) 656-5176	Medicaid Accepted
Spine and Sport Physical Therapy	<u>National City:</u> 2240 E Plaza Blvd Suite B-E, National City, CA 91950 <u>Downtown SD:</u> 3975 Fifth Ave #100, San Diego, CA 92103	<u>National City:</u> (619) 474-5916 <u>Downtown SD:</u> (619) 238-4318	Medicaid Accepted
RISE Physical Therapy	<u>Chula Vista:</u> 861 Harold Pl STE 210, Chula Vista, CA 91914	<u>Chula Vista:</u> (858) 755-5200	Call facility to determine in network insurances and coverage.