

As experts in restoring the body's normal movement, we combine manual therapy and therapeutic exercises to reach complete rehabilitation. We are eager to get you up and moving again and ultimately – allow you to return to doing the things you love to do.

Our orthopedic therapists have an average of 20 years experience and hold advanced certifications in Mechanical Diagnosis and Therapy (McKenzie), Orthopedics, Athletic Training, Pilates and Strength and Conditioning.

SPINE


Pre- and post-operative care, acute and chronic disc injury, arthritis, stenosis and scoliosis

SPORTS INJURIES

Fractures, joint and muscle injuries and "Return to Sports" training

JOINT PAIN

Osteoarthritis, rheumatoid arthritis, tendonitis and TMJ dysfunction



Physical Therapist
Sports, Orthopedics and Spine Therapy

FRONT

WORK-RELATED INJURY AND PREVENTION

Acute episode and repetitive strain injuries

HAND THERAPY

Splinting and exercise to treat specific injuries of the hand including: after trauma, surgeries, osteoarthritis, tendon injury and rheumatoid arthritis

Referral Information

We accept referrals from physicians, case managers, patients and their families. For questions or to schedule an appointment, please call 415-750-5900 or fax your referral to 415-750-4930.

Insurance

We accept most insurance plans including: PPOs, Medicare, and workers compensation. When you call for your appointment, our insurance specialists can help you determine your coverage and arrange for authorization of services.



St. Mary's Medical Center

A member of CHW

Outpatient Therapies – St. Mary's Medical Center

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