

# South Bay Physical Therapy Locations

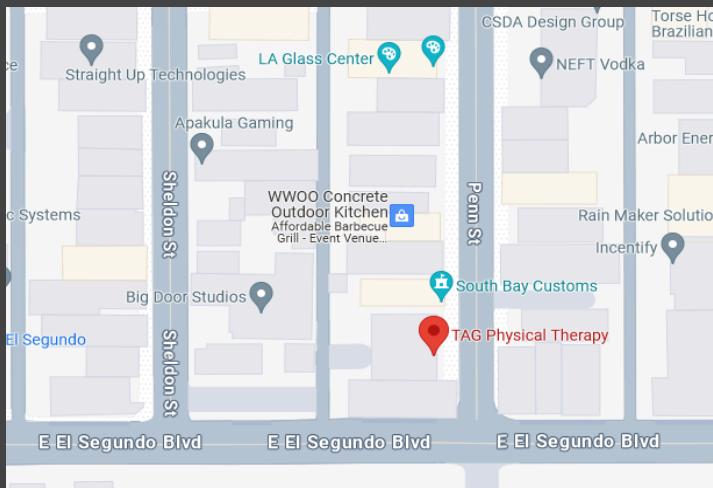
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*NOTE: hyperlinks are available! Yellow writings, company names, and those denoted are links for your convenience.*

# El Segundo

## 1. TAG Physical Therapy ( ← tap! )



111 Penn Street,  
El Segundo, CA, 90245

Phone #: (310) 426-9570

Fax #: (310) 426-9572



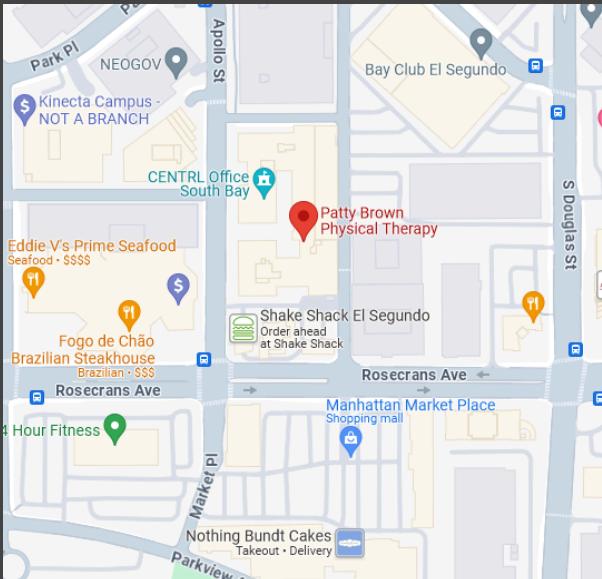
### Services offered:

- Orthopedic injuries and sports medicine
- Pre-and post-surgical rehab
- Neck and back pain
- Custom orthotic evaluation and fabrication
- Women's health/pelvic rehab
- Lymphedema and post-cancer rehab
- Vertigo and vestibular therapy
- Pediatrics

### INSURANCE

TAG PT accepts most PPO insurance and we are preferred providers for Blue Cross, Blue Shield, Aetna, Cigna, Health Net, Medicare, United Healthcare, and UCLA managed care. We accept most Covered California plans; however, we are out of network with Blue Shield. If we are not listed as a provider in your insurance booklet, please call our office to ensure the accuracy of the listing. We will gladly verify your insurance for you and inform you of your benefits, as well as bill your insurance directly.

## 2. Patty Brown Physical Therapy ( ← tap! )

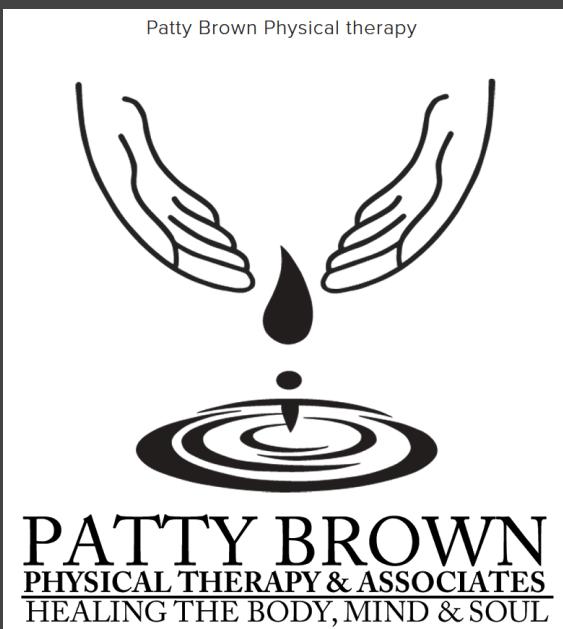


880 Apollo Street #160,  
El Segundo, CA, 90245

Phone #: (310) 606-5664

Fax #: (310) 606-5668

Email:  
[pattybrownpt@gmail.com](mailto:pattybrownpt@gmail.com)

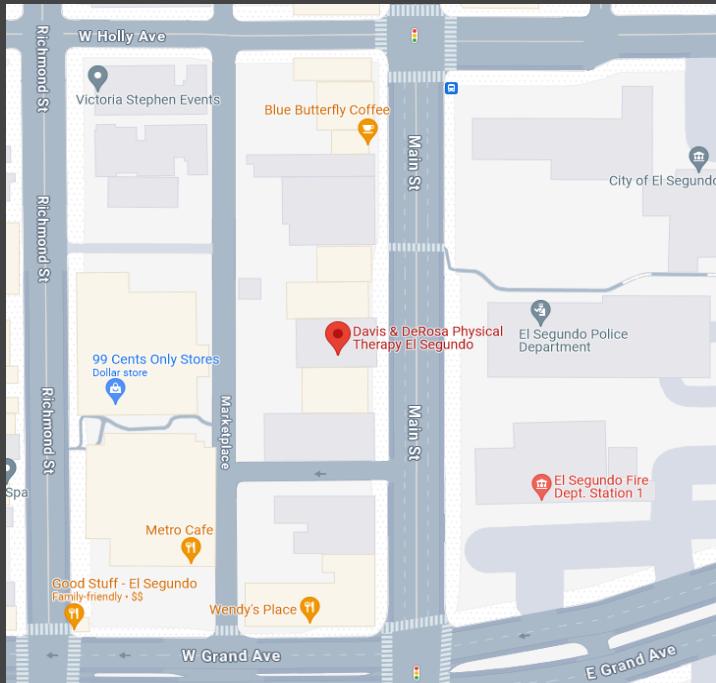


Meet their therapists!

### -Mission Statement-

“Provide high quality, professional care to each patient. We are passionate about helping patients reach their goals of returning back to their sport or to their previous functional level.”

### 3. Davis & DeRosa Physical Therapy ( ← tap! )



325 Main Street,  
El Segundo, CA, 90245

Phone #: (310) 648-3167

Fax #: (310) 648-3175

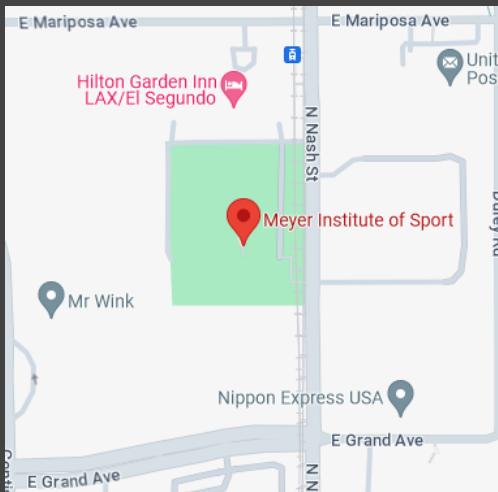
New Patient Packet



#### Treatments Offered:

- Chronic neck and low back pain
- Balance and vestibular rehabilitation
- Fall prevention
- Foot and ankle disorders, (including orthotics)
- Pre and post surgical rehabilitation
- Sports injuries
- Work injuries
- Neurological disorders
- Osteoporosis & other age related disorders

#### 4. Meyer Institute of Sport ( ← tap! )



555 N Nash St,  
El Segundo, CA, 90245

Phone #: (310) 666-9003

Fax #: (213) 260-8635

Email: [info@meyersportsla.com](mailto:info@meyersportsla.com)

#### Services offered:

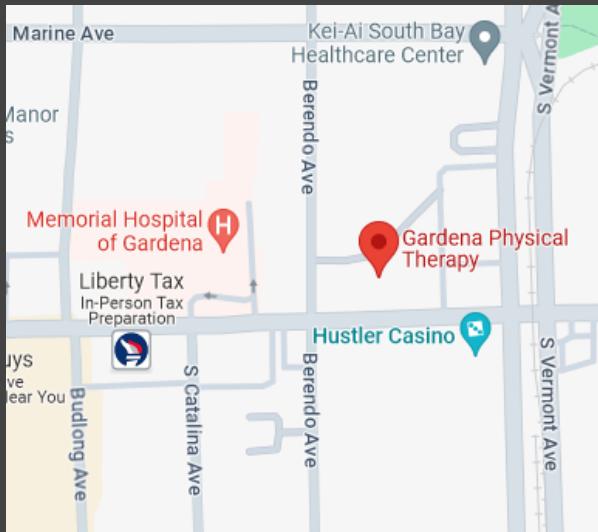
- Injury consultation and rehab
- Biomechanics
- Performance profiling & strength diagnostics
- Recovery & regeneration
- Performance training & Youth sports



Visit the links to each of their services listed on the left!

# GARDENA

## 1. Gardena Physical Therapy & Rehab Center ( ← tap! )



1045 W Redondo Beach Blvd Suite  
130, Gardena, CA 90247

Phone #: (310) 329-1444

Fax #: (310) 329-9586

### Services offered:

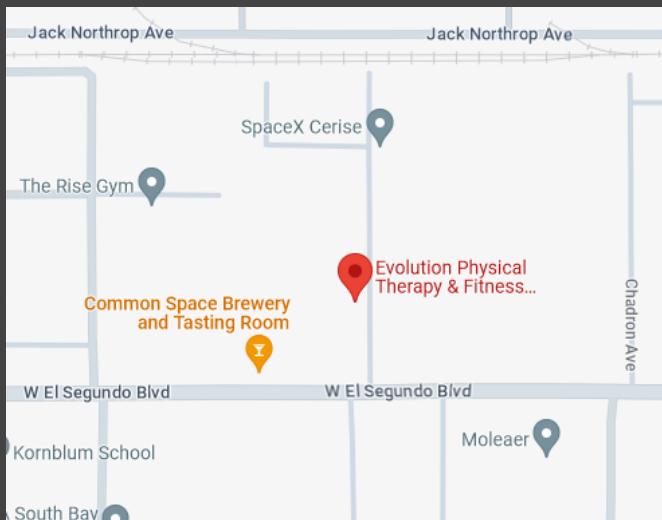
- Manual therapy
- Strength training
- Functional training
- Soft tissue mobilization
- Kinesio Tape
- Biomechanics
- Modalities



Visit their services page by  
clicking their logo above!

# HAWTHORNE

## 1. Evolution Physical Therapy ( ← tap! )



12703 Cerise Ave, Hawthorne,  
CA 90250

Phone #: (424) 297-3600

Fax #: (424) 297-3457

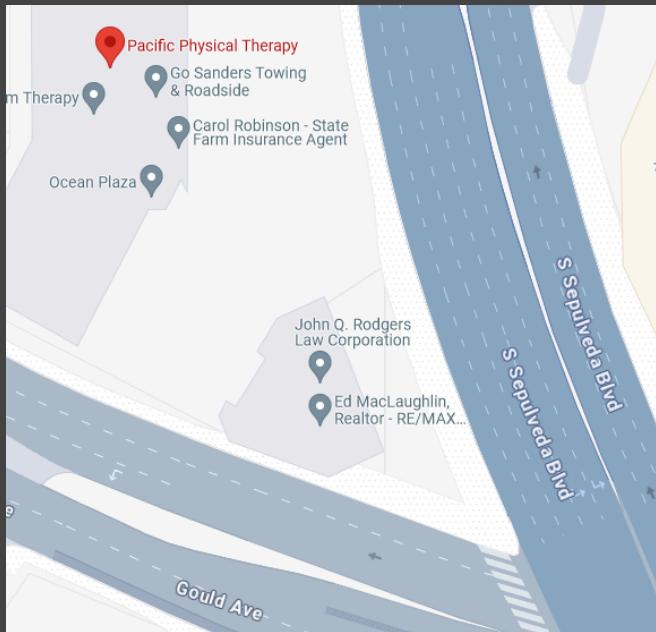
New patient paperwork!

### Services Offered:

- Alter G
- Bio-Mechanical assessment with corrective exercise prescription
- Blood flow restriction therapy
- Bodi Trak force plate
- Deep tissue/sports massage
- Electrical stimulation
- Fitness classes
- Instrument assisted soft tissue mobilization
- Joint mobilization & manipulation
- Manual therapy
- Medical massage
- Mobility session (FRCms)
- Orthopedic injury rehabilitation
- Post-concussion management
- Prenatal massage
- PT circuit classes
- Recovery boots
- Running evaluation & gait analysis
- Soft tissue mobilization & massage
- Spine care
- Telehealth
- Therapeutic cupping
- Vestibular rehabilitation therapy
- Women's health

# Hermosa Beach

## 1. Pacific Physical Therapy & Sports Rehab ( ← tap! )



2615 CA-1, Hermosa Beach,  
CA 90254 [Floor 1]

Phone #: (310) 798-6310

Fax #: (310) 798-6312

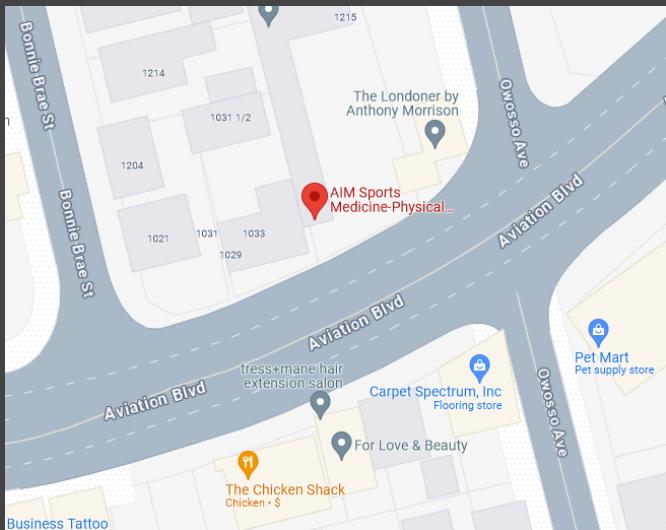
### Services Offered:

- Sports injury treatment and prevention
- Rehabilitation of orthopedic conditions
- Pre & Post-surgical rehabilitation
- Pilates based physical therapy
- Balance and fall prevention



← more about their services!

## 2. AIM Sports Medicine ( ← tap! )



1035 Aviation Blvd, Hermosa Beach, CA 90254

Phone #: (310) 937-2323

Fax #: (310) 937-3399

### Services Offered:

- Physical therapy
- Soft tissue management
- Massage therapy
- Sports acupuncture
- Personal training
- Deep tissue laser therapy
- Fascial stretch therapy
- ExoArmer manual therapy
- AlterG anti-gravity treadmill
- Dance/performing arts medicine

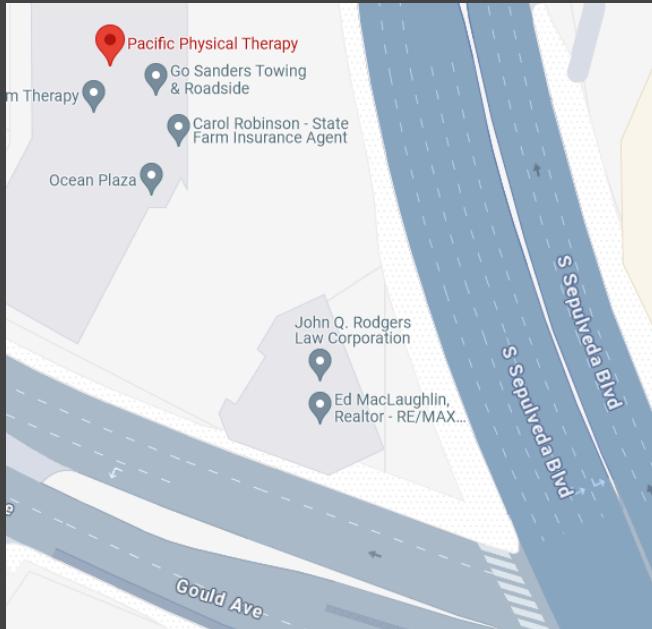


Learn more about their services above!



# Manhattan Beach

1. Pacific Physical Therapy & Sports Rehab Hermosa/Manhattan ( ← tap! )



2615 CA-1, Hermosa Beach,  
CA 90254 [Floor 1]

Phone #: (310) 798-6310

Fax #: (310) 798-6312

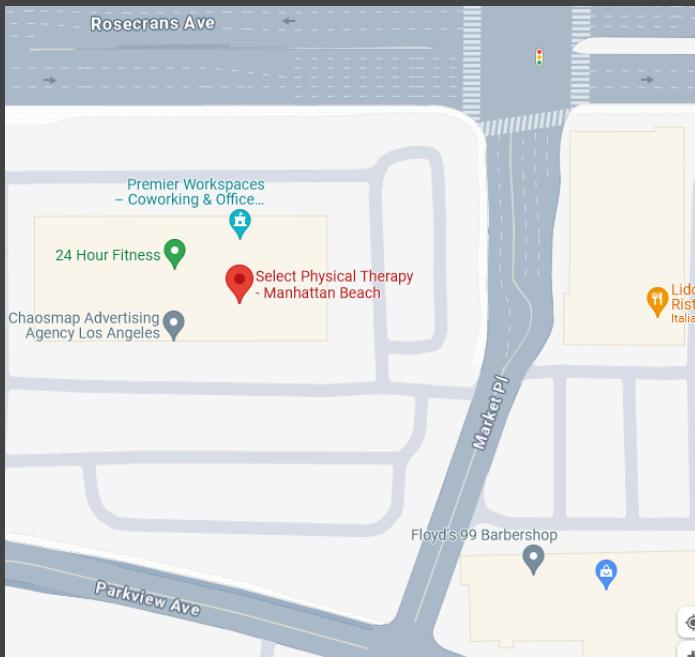
## Services Offered:

- Sports injury treatment and prevention
- Rehabilitation of orthopedic conditions
- Pre & Post-surgical rehabilitation
- Pilates based physical therapy
- Balance and fall prevention



← more about their services!

## 2. Physiotherapy Associates (← tap!)



1500 Rosecrans Ave #550,  
Manhattan Beach, CA  
90266

Phone #: (310) 643-9401

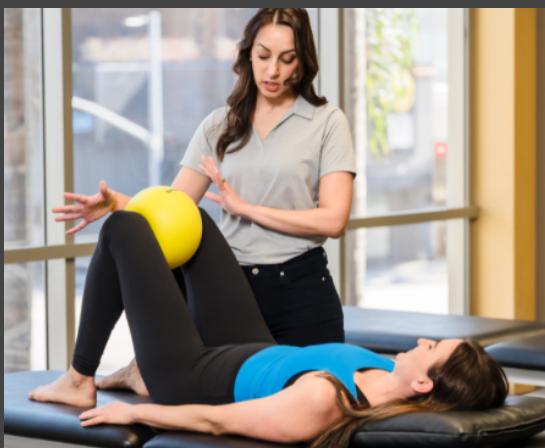
Fax #: (310) 643-9410

[Request an appointment!](#)

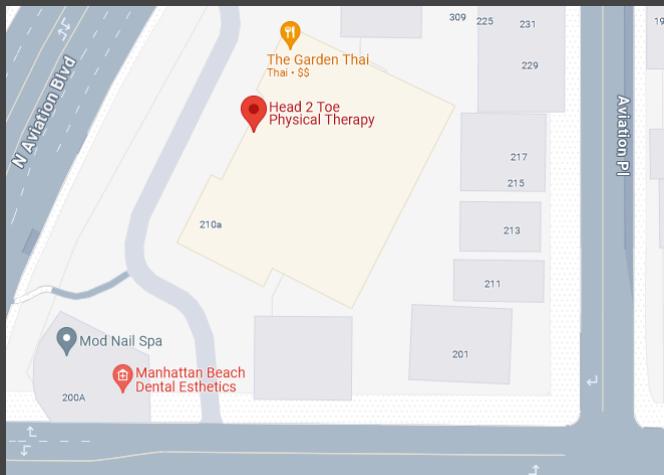
### Services Offered:

- Physical therapy
- Spine program
- TMJ/TMD rehabilitation
- Fire department /first responder services
- Functional movement screen
- LSVT BIG - Parkinson's
- Fall prevention
- Concussion management

And much more! Tap below to read more about what they can offer you.



### 3. Head2Toe Physical Therapy (← tap!)



210 N Aviation Blvd B,  
Manhattan Beach, CA 90266

Phone #: (310) 376-9200

Fax #: (310) 376-9202

Patient forms

#### Services Offered:

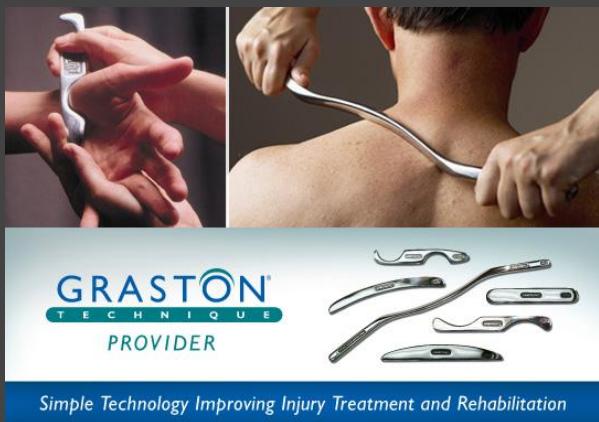
- TMJ/TMD
- Balance and fall prevention
- Sports medicine
- Pre & Post-surgical rehabilitation
- Orthopedic therapy

Learn more about their services by tapping below!



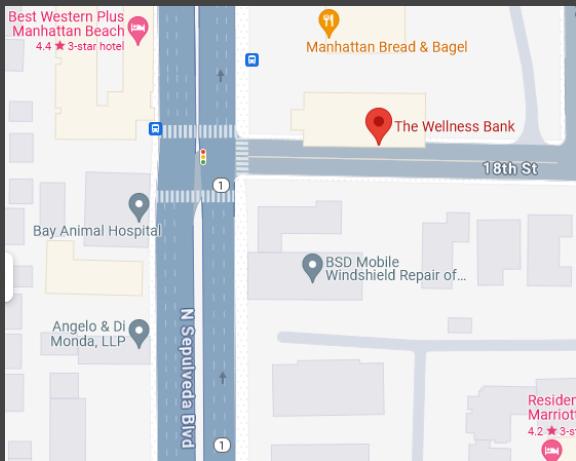
#### Techniques used by Head2Toe include:

- Graston technique
- Cupping
- Kinesio taping
- Spinal traction
- Laser therapy
- Blood flow restricted therapy



Simple Technology Improving Injury Treatment and Rehabilitation

#### 4. The Wellness Bank ( ← tap! )



1800 N Sepulveda Blvd #200,  
Manhattan Beach, CA 90266

Phone #: (424) 247-9112

Fax #: (310) 882-6426

New patient paperwork!

Email: [info@thewellnessbank.com](mailto:info@thewellnessbank.com)

#### Services Offered:

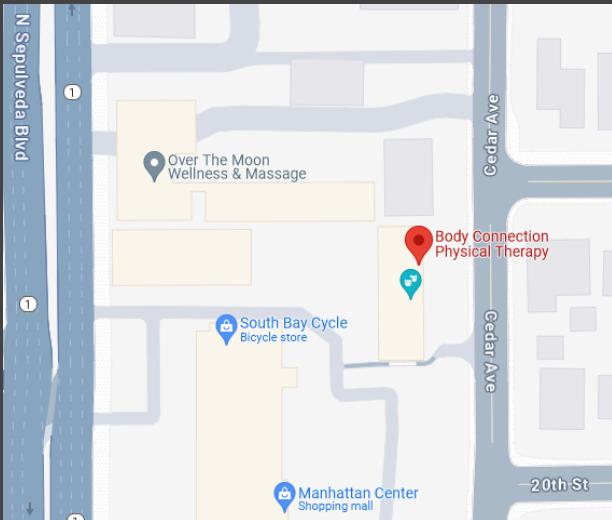
- Physical therapy
- Chiropractic
- Pilates
- Massage therapy
- Acupuncture
- Therapeutic yoga
- Sports medicine
- Stretch therapy

#### Specialties include:

- Pre & Postnatal
- Youth sports injuries
- ACL prevention
- Ergonomics



## 5. Body Connection Physical Therapy ( ← tap! )



2011 Cedar Ave, Manhattan Beach, CA 90266

Phone #: (310) 546-1444

Fax #: (310) 546-1477

Patient intake form!

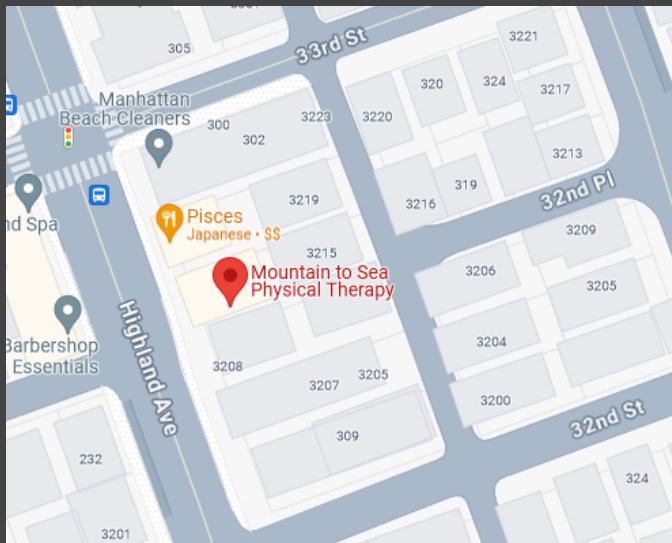
Email:  
[bodyconnectionpt@gmail.com](mailto:bodyconnectionpt@gmail.com)

### Services Offered:

- Functional training
- Postural rehabilitation
- Massage
- Joint mobilization
- Therapeutic exercises
- Modalities: hot packs, ultrasound, cold packs
- Light therapy
- Electrical stimulation: the most commonly used types are neuromuscular electrical stimulation and interferential electrical stimulation



## 6. Mountain to Sea Physical Therapy (← tap!)



### Services Offered:

- Manual therapies
- Modalities
- Individualized home exercise program
- Sports-specific corrective exercise and training
- Postural Restoration Education (PRE)
- Titleist Performance Institute (TPI) golf injury screening / individualized return-to-golf & golf performance programming

3212 Highland Ave,  
Manhattan Beach, CA 90266

Phone #: (310) 567-2293

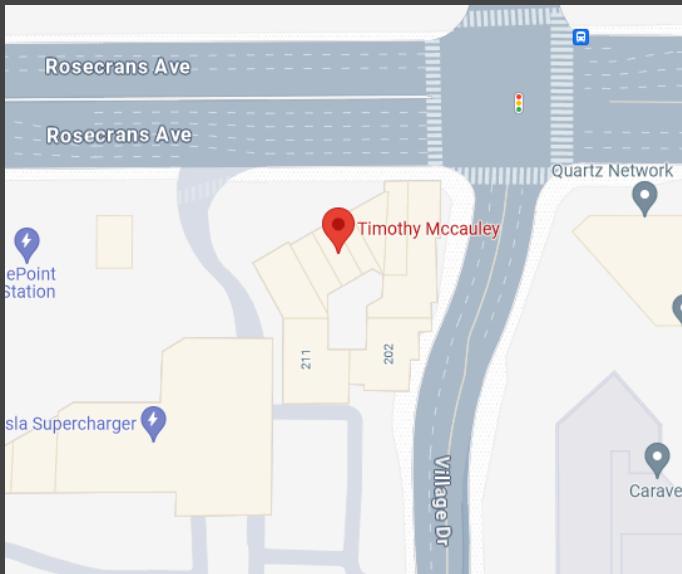
Fax #: (310) 919-0447

Information about insurance!

Want to learn more about their services? Tap below!



7. Advanced Sports Medicine & Ortho Physical Therapy Timothy McCauley ( ← tap! )



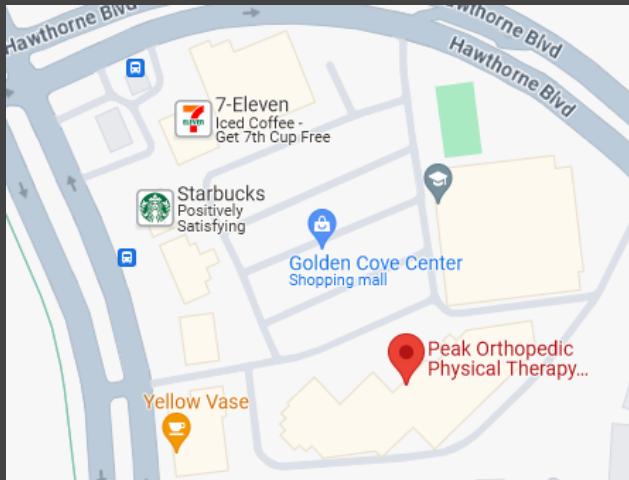
1200 Rosecrans Ave #206,  
Manhattan Beach, CA  
902662451

Phone #: (310) 416-9700  
x318

Fax #: (310) 416-1120

# Rancho Palos Verdes

## 1. PEAK Orthopedic Physical Therapy ( ← tap! )



31244 Palos Verdes Dr W #209,  
Rancho Palos Verdes, CA 90275

Phone #: (424) 356-0581

Fax #: (310) 544-2625

New patient form!

### Services Offered:

- Manual therapy
- Fall prevention
- Graston technique
- Electrical stimulation
- Trigger point therapy (myofascial release)

And much more! Tap below!



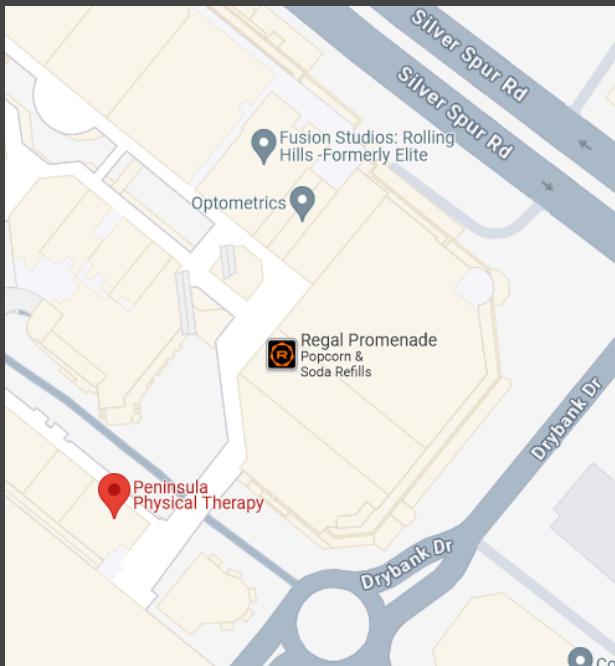
### What can they treat?

- Balance and gait disorders
- Arthritis relief
- Work injury
- Pre & Post-surgical rehab
- Back & sciatic pain relief
- Sports injuries
- Neurological conditions

And much more! Tap below!



## 2. Peninsula Physical Therapy ( ← tap! )



550 Deep Valley Dr #297, Rolling Hills Estates, CA 90274

Phone #: (310) 544-6264

Fax #: (310) 544-6265

New patient form!

Insurance information!

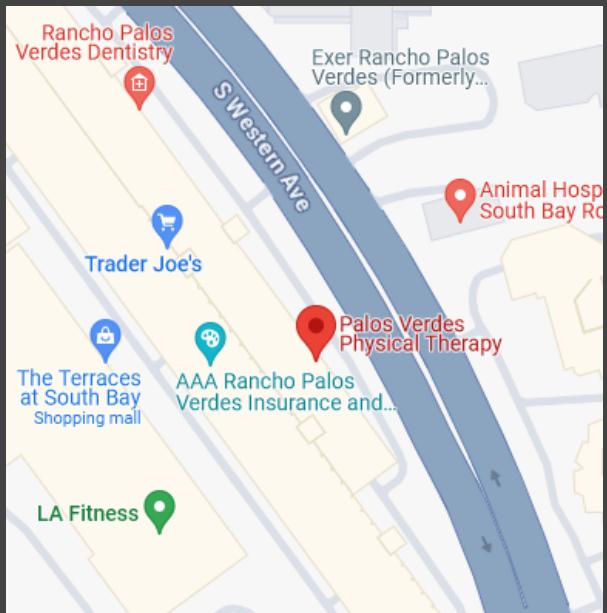
### Programs Offered:

- Parkinson's dynamic movement classes
- Youth sports fitness, injury recovery, and prevention
- Rehab maintenance program
- Medical exercises program
- Women's health/postpartum/urinary incontinence

Dive into the details below!



### 3. Palos Verdes Physical Therapy



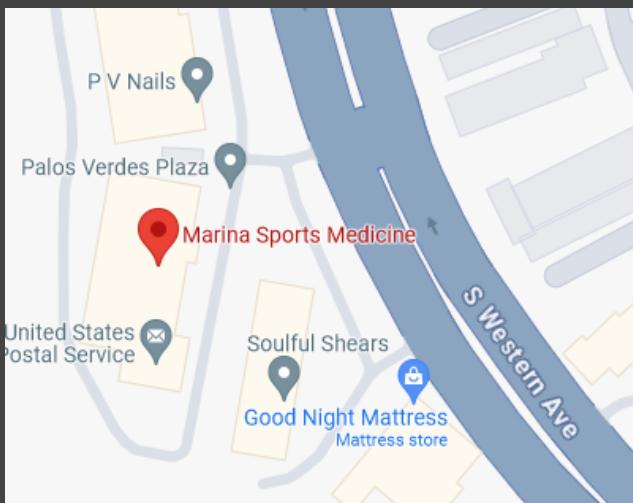
28924 S Western Ave, Rancho  
Palos Verdes, CA 90275

Phone #: (310) 548-0104

Fax #: (310) 548-0559

First floor of The Terraces at South  
Bay

#### 4. Marina Sports Medicine Clinic ( ← tap! )



28633 S Western Ave UNIT 200,  
Rancho Palos Verdes, CA 90275

Phone #: (310) 832-2622

Fax #: (310) 832-2621

#### Services Offered:

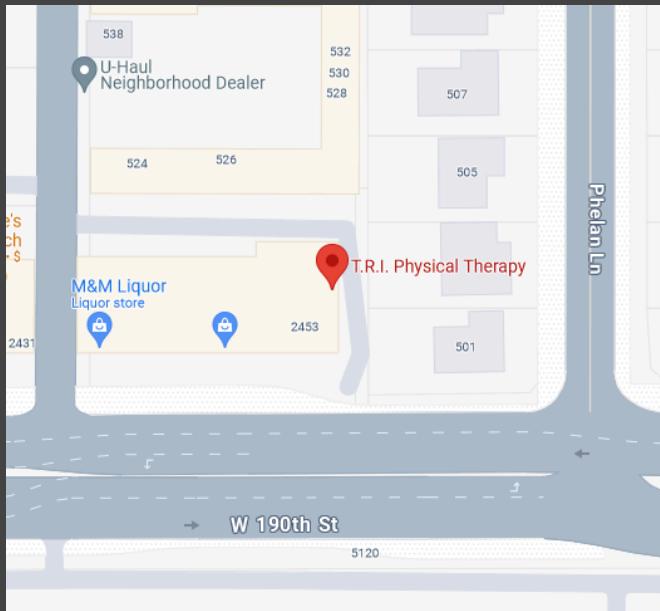
- Chiropractic
- Massage therapy
- Physical therapy
- Diagnostics

Learn more about their team below!



# Redondo Beach

## 1. T.R.I. Physical Therapy ( ← tap! )



2455 W 190th St A, Redondo Beach, CA 90278

Phone #: (310) 846-9156

Fax #: (424) 268-2127

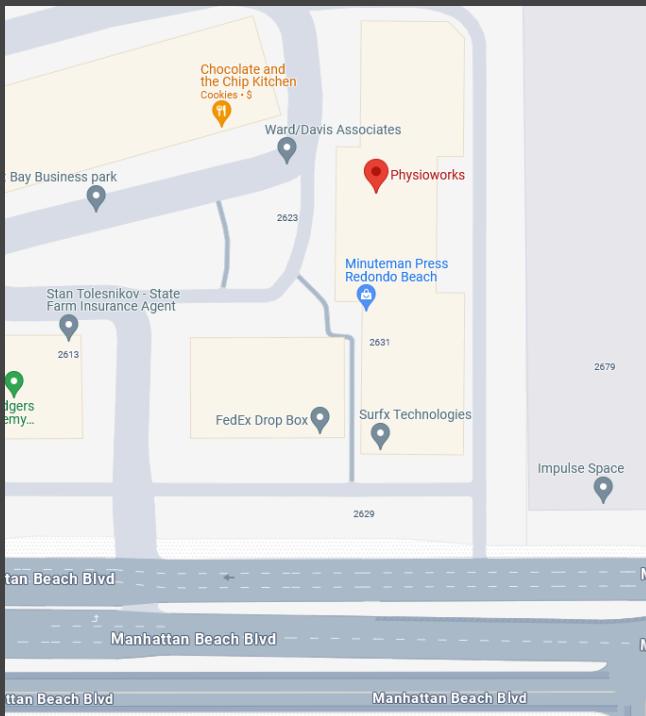
Book an appointment!

## Services Offered:

- Physical therapy
- Manual therapy
- Cupping
- Soft tissue mobilization
- Joint mobilization
- Manual stretching
- Biomechanical analysis
- TRX exercises



## 2. Physioworks ( ← tap! )



2621 Manhattan Beach Blvd,  
Redondo Beach, CA 90278

Phone #: (310) 374-0477

Fax #: (310) 374-1605

New patient form!

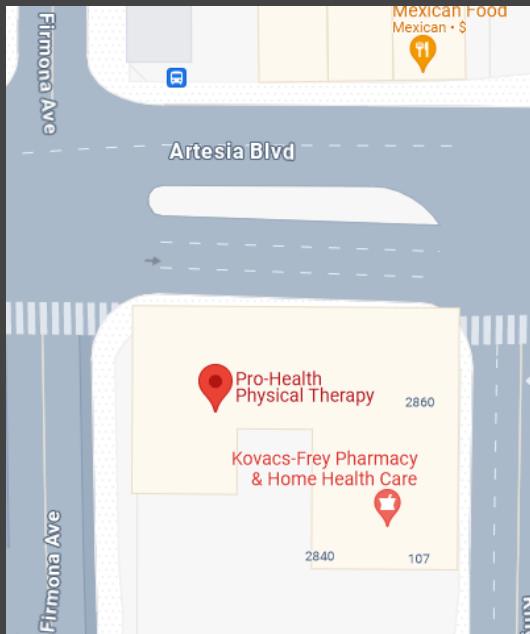
### Services Offered:

- Manual therapy
- Therapeutic exercises
- Neuromuscular re-education
- Functional movement assessments
- Graston technique
- Blood Flow Restriction (BFR) technique

Learn more about their services below!



### 3. Pro-health Physical Therapy ( ← tap! )



2850 Artesia Blvd UNIT 207, Redondo Beach, CA 90278

Phone #: (310) 371-4774

Fax #: (310) 371-3453

New patient paperwork!

Insurance information!

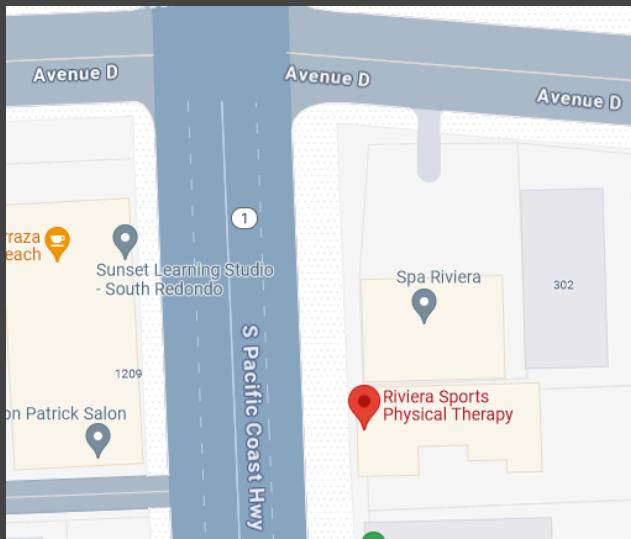
Services offered:

- Orthopedic PT
- Neck & back rehab
- Vestibular rehab
- Balance rehab
- Jaw pain / TMJ treatment
- Headache treatment
- Myofascial release
- Soft tissue mobilization
- Joint mobilization manipulation
- Chronic pain programs
- Pre/Post-surgical rehab
- Sports therapy
- Concussion / return to sports rehab
- Work / industrial rehab
- Graston technique certified
- Laser therapy
- Kinesio & sports taping

See more details by tapping below!



#### 4. Riviera Sports Physical Therapy ( ← tap! )



1204 Pacific Coast Hwy,  
Redondo Beach, CA 90277

Phone #: (310) 316-3577

Fax #: (310) 316-3578

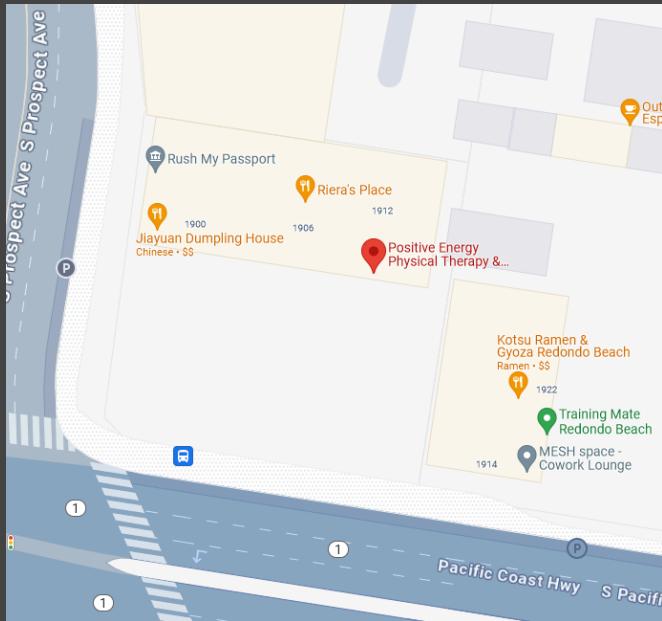
Services offered:

- Post-operative rehab
- Orthopedic treatment
- Sports rehab
- Mobilization, strength, flexibility, and endurance training
- Patient education
- Motor Vehicle Accident (MVA) / whiplash recovery
- Spinal stabilization and core strengthening
- Modalities
- Taping
- Blood Flow Restriction (BFR)
- Balance and gait training
- Instrument Augmented Soft Tissue Mobilization (IASTM)

See more details by tapping below!



## 5. Positive Energy ( ← tap! )



1912 S Pacific Coast Hwy,  
Redondo Beach, CA 90277

Phone #: (310) 540-5758

Fax #: (310) 540-5404

New Patient Info!

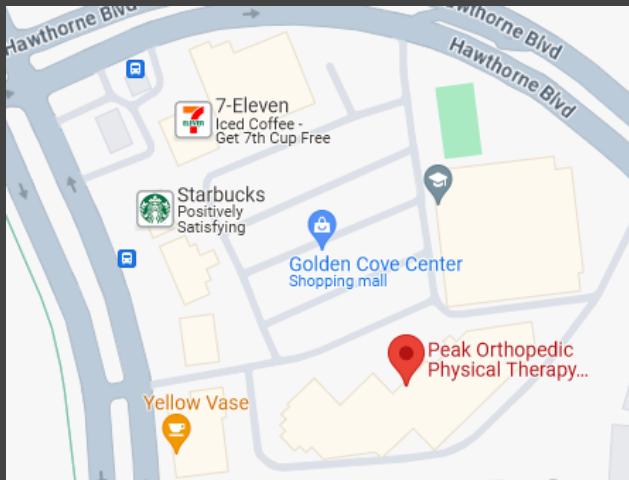
Services offered:

- Physical therapy
- Gait analysis
- Sports performance physical therapy
- Prehabilitation

See more details by tapping  
below!



## 5. PEAK Orthopedic Physical Therapy ( ← tap! )



520 N Prospect Ave STE 100,  
Redondo Beach, CA 90277

Phone #: (424) 356-0581

Fax #: (310) 544-2625

New patient form!

### Services Offered:

- Manual therapy
- Fall prevention
- Graston technique
- Electrical stimulation
- Trigger point therapy (myofascial release)

And much more! Tap below!



### What can they treat?

- Balance and gait disorders
- Arthritis relief
- Work injury
- Pre & Post-surgical rehab
- Back & sciatic pain relief
- Sports injuries
- Neurological conditions

And much more! Tap below!



# San Pedro

1. Harbor Physical Therapy & Sports Med ( ← tap! )



1294 W 6th St #101, San Pedro, CA 90731

Phone #: (310) 547-1850

Fax #: (310) 547-0837

*First floor of Providence Little Company of Mary Medical Center*

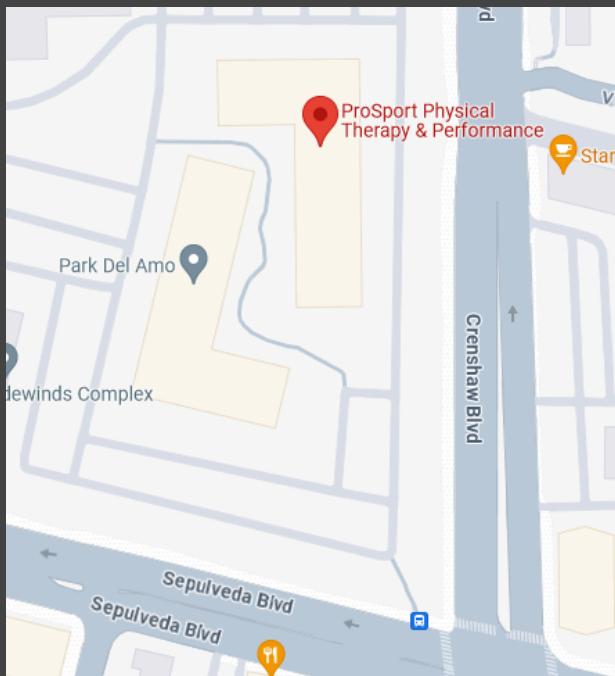
Patient Forms!

Tap below to see more details about their services!



# Torrance

## 1. Pro Sport Physical Therapy ( ← tap! )



2355 Crenshaw Blvd Suite 130,  
Torrance, CA 90501

Phone #: (310) 870-3332

Fax #: (310) 879-5352

What should I expect on my first day?

### Services offered:

- Physical therapy
- Sports injuries
- Balance & fall prevention
- Work injury rehab
- Concussion recovery
- Special services
- Foot and ankle

See more details by tapping below!



2. California Rehabilitation and Sports Therapy [PRN Physical Therapy] ( ← tap! )



19000 Hawthorne Blvd Ste 300,  
Torrance, CA 90503

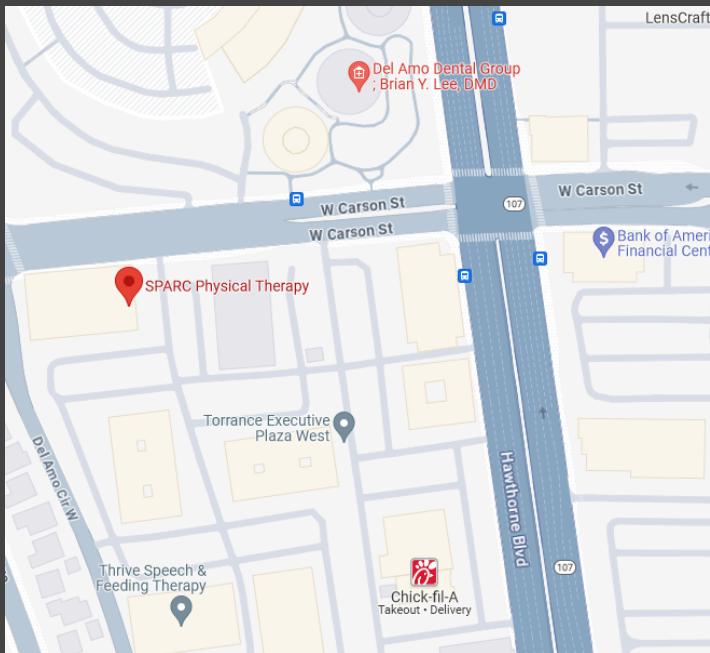
Phone #: (310) 793-1800

Schedule an appointment!

See what they have to offer by tapping below!



### 3. SPARC Physical Therapy ( ← tap! )



3878 W Carson St Suite 101,  
Torrance, CA 90503

Phone #: (310) 316-8878

Fax #: (310) 316-8879

Email: [info@sparcpt.com](mailto:info@sparcpt.com)

Get started!

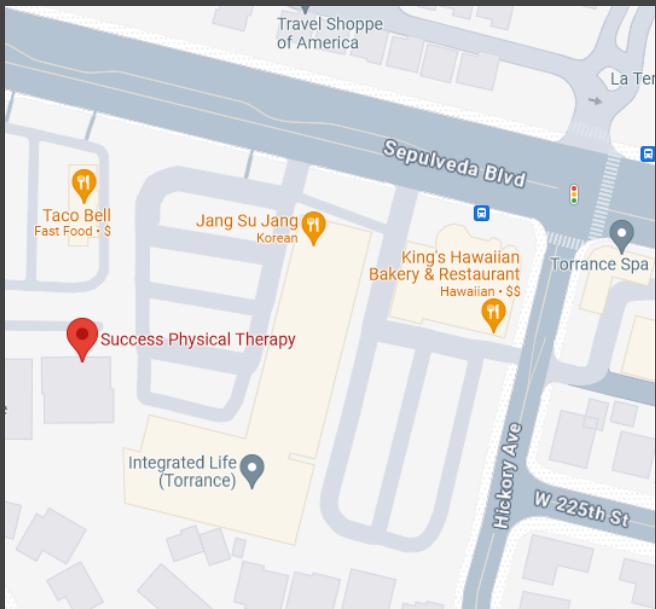
#### Services offered:

- Initial evaluation
- Movement analysis
- Sports performance
- Pre/Post-surgery rehab
- Gait analysis
- Sports injury care
- Injury prevention
- Balance training
- Manual therapy
- Instrument Assisted Soft Tissue Mobilization (IASTM)
- Biomechanics assessment
- Posture assessment
- Patient Education
- Home Exercises

See more details by tapping  
below!



#### 4. Success Physical Therapy & Balance Center ( ← tap! )



2842 Sepulveda Blvd, Torrance,  
CA 90505

Phone #: (310) 325-0800

Fax #: (310) 325-7705

Patient forms!

What should I expect for my  
first visit?

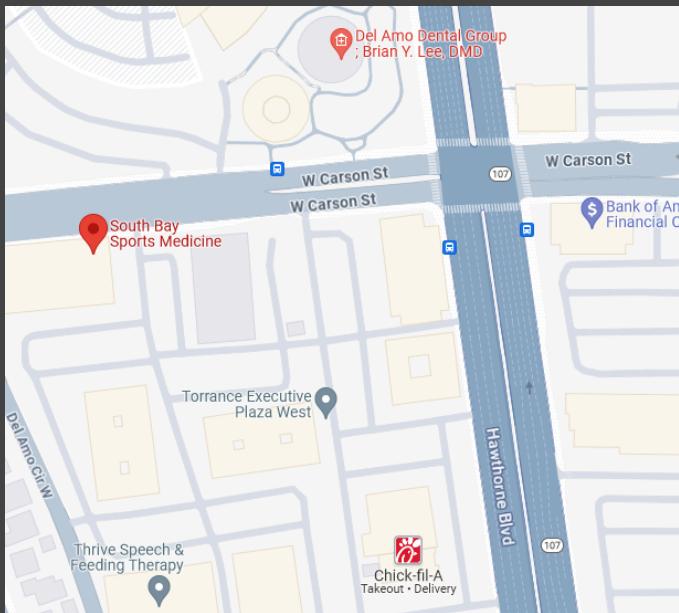
Services offered:

- Sports medicine & rehab
- Manual therapy
- Pre / Post-surgical rehab
- Foot and ankle rehab
- Spine care and ergonomics training
- Balance therapy

See more details by tapping  
below!

**SUCCESS Physical Therapy  
and Balance Center, Inc.**

## 5. South Bay Sports Medicine ( ← tap! )



3878 W Carson St # 100,  
Torrance, CA 90503

Phone #: (310) 543-4655

Fax #: (310) 543-1743

First visit information!

### Services offered:

- Sport performance program
- Spine health program
- Senior program
- Work max program

See more details by tapping  
below!

