

South Bay Physical Therapies

Welcome to the list of Physical Therapy locations in the South Bay!

Below you will find the information needed to find their facility, visit their website, learn more about the practice, or give their office a call.

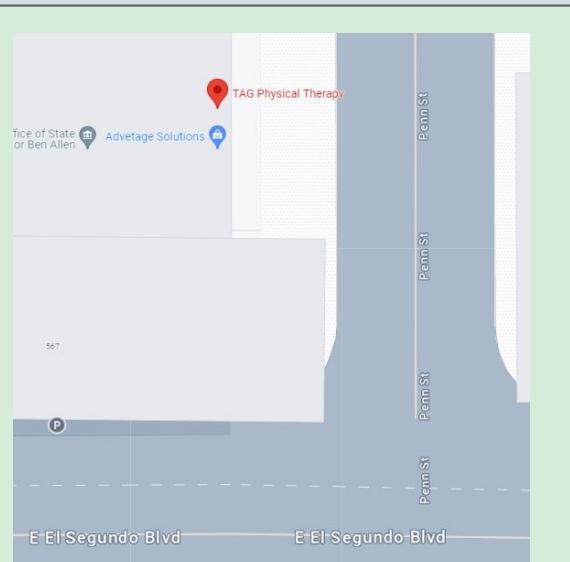
! HYPERLINKS ARE AVAILABLE !

TAP ON UNDERLINED WORDS AND LOGOS FOR MORE INFORMATION



A dynamic photograph of a swimmer performing the butterfly stroke in a pool. The swimmer is in mid-stroke, with arms extended forward and legs kicked powerfully. Water is splashing around them, creating a sense of motion. The background shows the blue water of the pool.

El Segundo



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-surgery rehab
- Neck and back pain
- Women's health/pelvic rehab
- Lymphedema and post-cancer rehab
- Vertigo and vestibular therapy
- Pediatrics



PATTY BROWN
PHYSICAL THERAPY & ASSOCIATES
HEALING THE BODY, MIND & SOUL



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

Phone #: (310) 606-5664
Fax #: (310) 606-5668

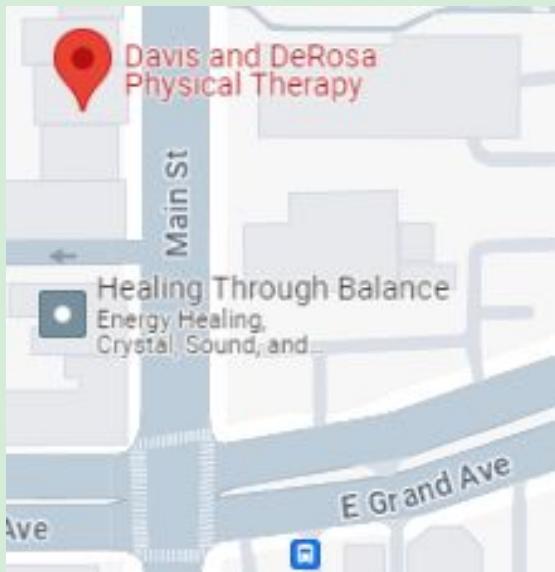
-Mission Statement-

“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.”



325 Main Street,
El Segundo, CA, 90245

Phone #: (310) 648-3167
Fax #: (310) 648-3175

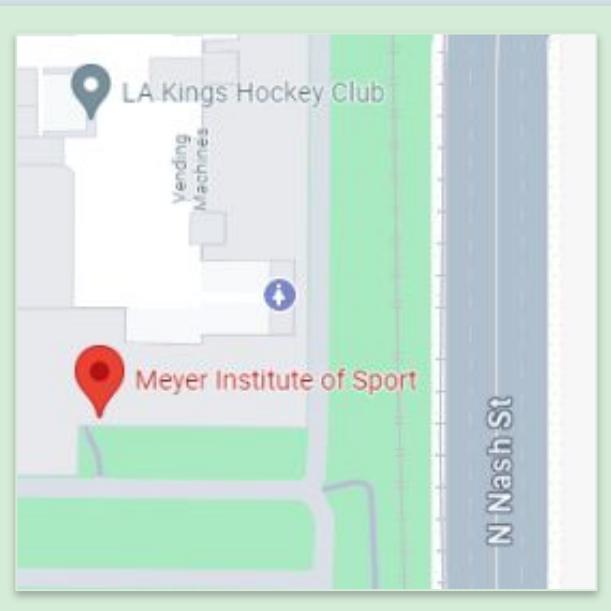


Treatments offered:

- 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



Phone #: (310) 666-9003
Fax #: (213) 260-8635



Treatments offered:

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



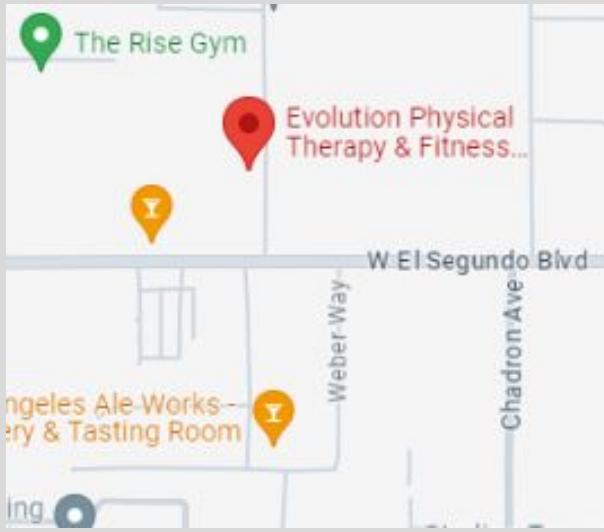
Hawthorne

evolution

PHYSICAL THERAPY & FITNESS

12703 Cerise Ave, Hawthorne,
CA 90250

Phone #: (424) 297-3600
Fax #: (424) 297-3457



- Alter G
- Biomechanical assessment with corrective exercise prescription
- BFR therapy
- Bodi Trak force plate
- Deep tissue/sports massage
- Electrical stimulation
- Fitness classes

And much more!

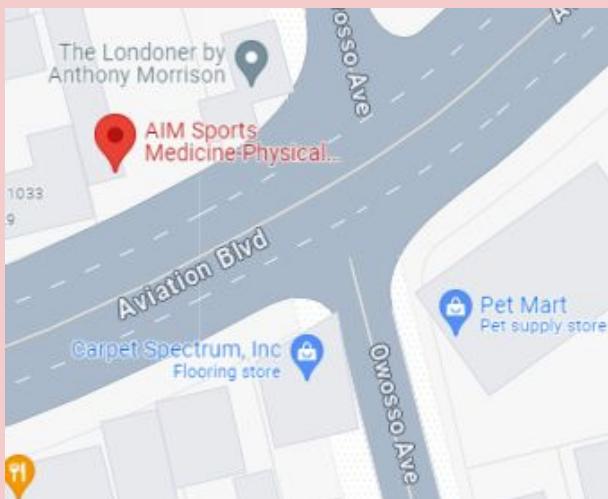
Hermosa Beach





1035 Aviation Blvd, Hermosa Beach, CA 90254

Phone #: (310) 937-2323
Fax #: (310) 937-3399

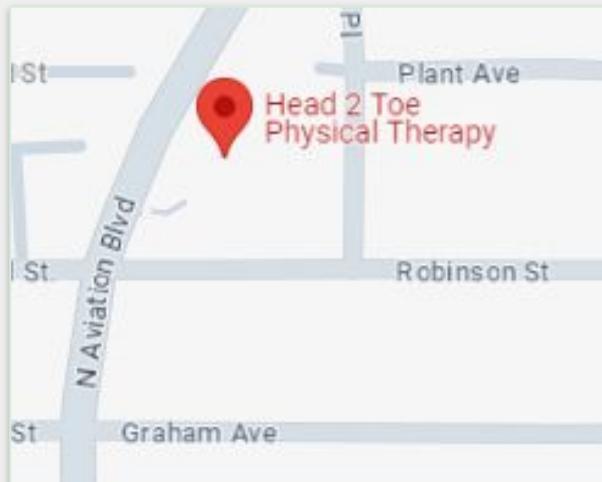


Treatments offered:

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

Manhattan Beach





210 N Aviation Blvd B
Manhattan Beach, CA 90266

Phone #: (310) 376-9200
Fax #: (310) 376-9202

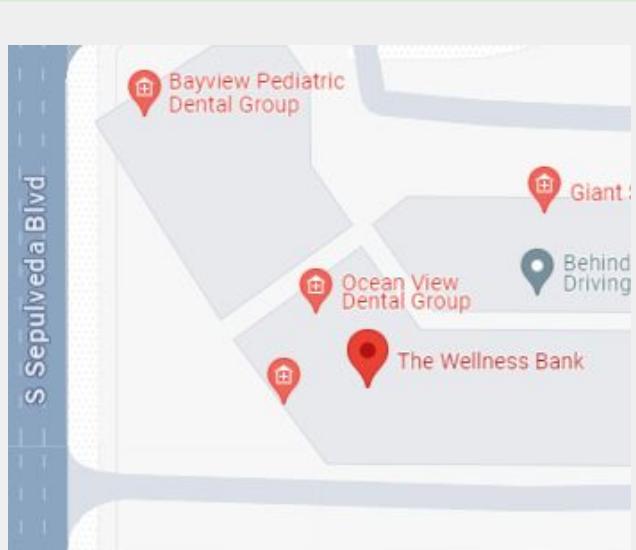
Treatments offered:

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



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

Phone #: (424) 247-9112
Fax #: (310) 882-6426



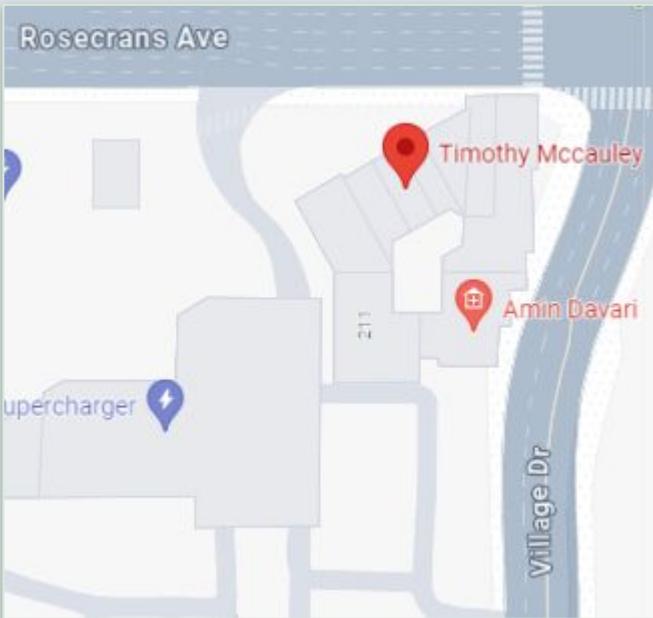
Treatments offered:

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

**Advanced Sports
Medicine & Ortho Physical
Therapy Timothy
McCauley**

1200 Rosecrans Ave #206
Manhattan Beach, CA
902662451

Phone #: (310) 416-9700
Fax #: (310) 416-1120



Rancho Palos Verdes





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

Phone #: (424) 356-0581
Fax #: (310) 544-2625



Treatments offered:

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



Peninsula Physical Therapy
Orthopedic and Sports Physical Therapy



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

Phone #: (310) 544-6264
Fax #: (310) 544-6265

New
Patient
&
Insurance
Info

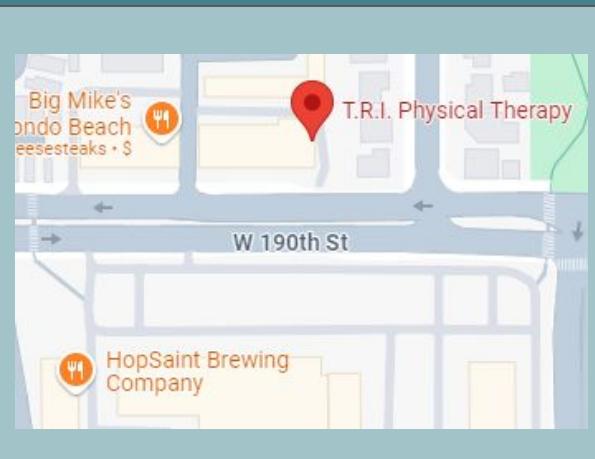
Services Offered:

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

An aerial photograph of a marina in Redondo Beach, California. The image shows a long wooden pier extending from the bottom left into a deep blue ocean. Numerous sailboats and powerboats are moored along the pier and in the surrounding water. The boats vary in size and color, including white, blue, and orange. The water is a vibrant turquoise color. In the background, a small white boat is visible on the horizon.

REDONDO BEACH

TRI PHYSICAL THERAPY



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

Phone #: (310) 846-9156
Fax #: (424) 268-2127

Services Offered:

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



2621 Manhattan Beach Blvd,
Redondo Beach, CA 90278

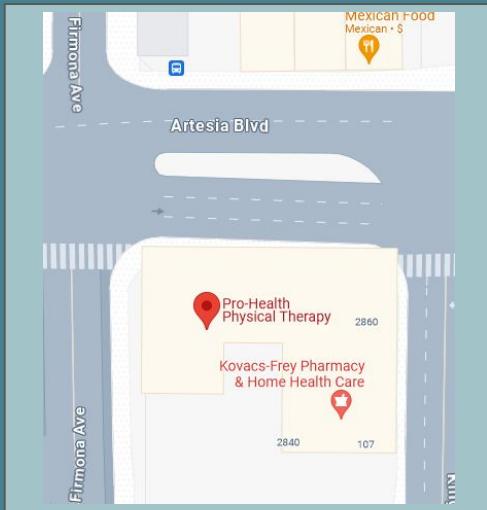
Phone #: (310) 374-0477
Fax #: (310) 374-1605

New Patient
Form



Services Offered:

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



2850 Artesia Blvd UNIT 207, Redondo Beach, CA 90278

Phone #: (310) 374-0477
Fax #: (310) 374-1605

New Patient Form

Services Offered:

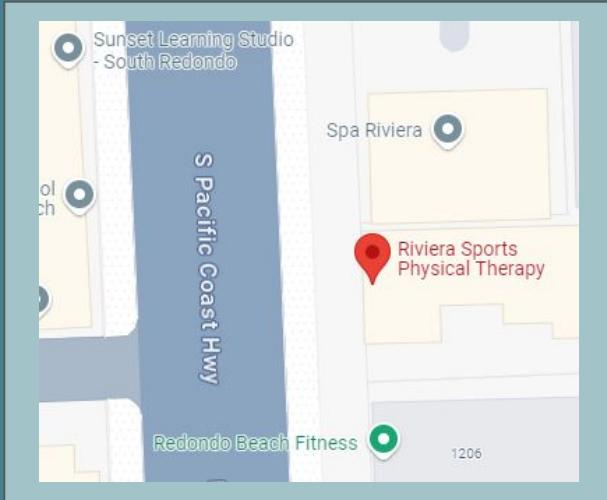
- Manual therapy
- Therapeutic exercises
- Neuromuscular re-education
- Functional movement assessments
- Graston technique
- Blood Flow Restriction (BFR) technique



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)

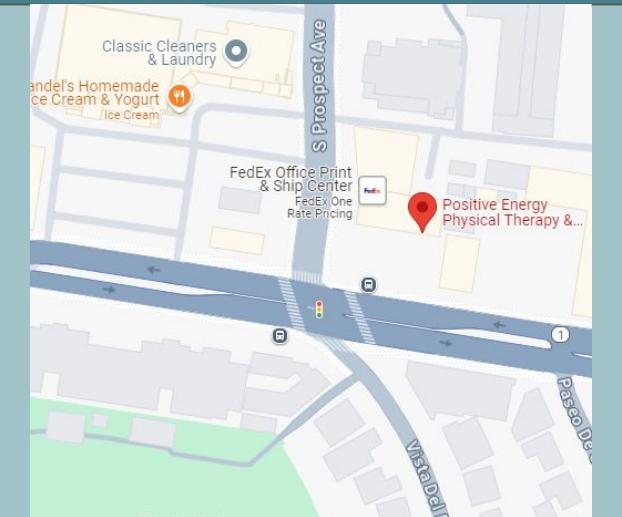


1912 S Pacific Coast Hwy,
Redondo Beach, CA 90277

Phone #: (310) 540-5758

Fax #: (310) 540-5404

New
Patient
Info



Services Offered:

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

More details are available by tapping their logo!

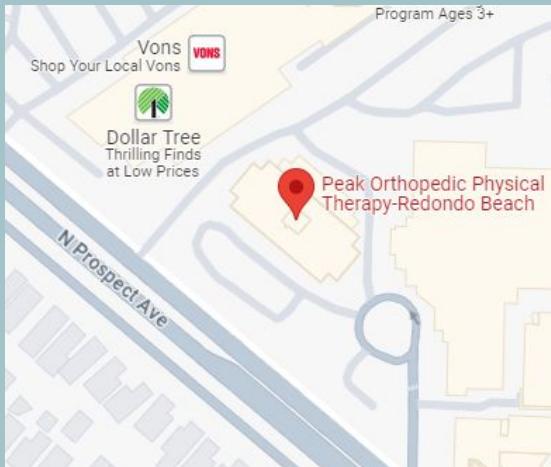


520 N Prospect Ave STE 100,
Redondo Beach, CA 90277

Phone #: (424) 356-0581

Fax #: (310) 544-2625

New
Patient
Info



Services offered!



What can they treat?

TORRANCE

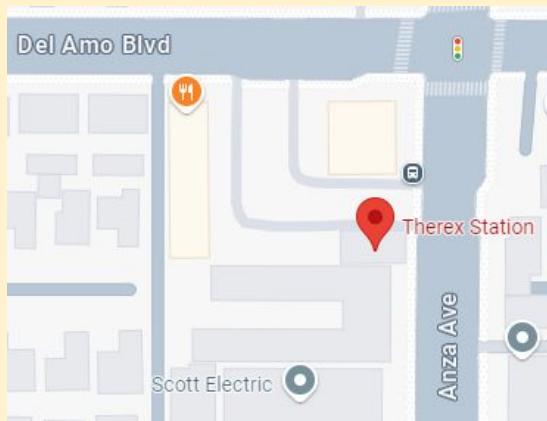




4614, 4604 Del Amo Blvd,
Torrance, CA 90503

Phone #: (310) 974-0456

Fax #: (424) 363-8772



Services Offered:

Therex offers private physical therapy services tailored to your needs and situation. Therex also offers exercises classes or the option to begin a gym membership. Tap on the logo for more information on what Therex can offer you!

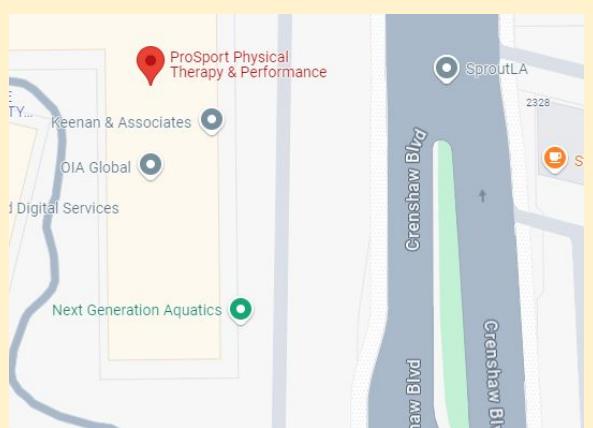


2355 Crenshaw Blvd Suite 130,
Torrance, CA 90501

Phone #: (310) 974-0456

Fax #: (424) 363-8772

New patient info



Services Offered:

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