

# Fitness instruction and physical therapy for Parkinson's in Southern California

Updated May 2016

Listed below are individuals and organizations offering fitness instruction/training and therapy (physical and occupational) services for people with Parkinson's in Southern California. **\*\*PLEASE NOTE:** While there are many widely-available fitness classes that are beneficial for those with PD, such as yoga, Pilates, Tai Chi, balance classes, swimming, etc., we have listed here only classes and programs that are specifically tailored to those with PD. *List compiled by Southern California Parkinson's Newsletter, [socalparkinsons@gmail.com](mailto:socalparkinsons@gmail.com).*

**PT**=physical therapy; **OT**=occupational therapy; **FC**=fitness classes; **FT**: fitness training; **PWR** =a "Parkinson's Wellness Recovery"-trained therapist or instructor

## All areas

PT/OT: **LSVT (Lee Silverman Voice Treatment) "BIG"**: PT and OT for those with PD. There are too many LSVT-certified trainers to list here. Find one near you at <http://www.lsvtglobal.com/clinicians>

## Los Angeles County

### **SAN FERNANDO VALLEY EAST**

PT, FC: **Layfield & Associates Physical Therapy** (Encino): Theresa Warren Roberts is a PWR therapist. Fitness classes, and more, also available. (818) 905-1331 , [theresa@layfieldpt.com](mailto:theresa@layfieldpt.com) , <http://www.layfieldpt.com>

### **SAN GABRIEL VALLEY**

PT; FC: **Arroyo Physical Therapy** (Pasadena; serving nearby areas). Nancy D. Russell is a PWR therapist. Group balance classes are also available. (626) 593-2283, [nancy@arroyopt.com](mailto:nancy@arroyopt.com). [www.arroyopt.com](http://www.arroyopt.com)

PT: **Balance Disorders Institute of Los Angeles** (Pasadena), specializing in treating balance problems. Group balance exercise classes ([mike@balancetherapy.com](mailto:mike@balancetherapy.com) for schedule). (626) 593-2283. [www.balancetherapy.com](http://www.balancetherapy.com)  
[info@balancetherapy.com](mailto:info@balancetherapy.com)

PT; FC: **Bodyscape Integrative Physical Therapy** (Pasadena) Leslie Frank, DPT, is a PWR therapist. Group and private fitness classes also available. (626) 449-3900 [leslie@bodyscapept.com](mailto:leslie@bodyscapept.com) ; [www.bodyscapept.com/](http://www.bodyscapept.com/)

FC: **Huntington Hospital Parkinson's Exercise Group** (Pasadena). Twice weekly class to improve and maintain physical function. \$25/month. Info: Outpatient Rehab Program, (626) 397-5153

FT, PT: **InCourage Physical Therapy**, Pasadena. Provides physical therapy for people with PD, offering group classes and one-on-one evaluation and treatment. Therapists are either neurologic residency trained or Board Certified Neurologic Clinical Specialists. [incouragept.com](http://incouragept.com) , [info@incouragept.com](mailto:info@incouragept.com) , (626) 722-8032

### **SOUTH BAY/LONG BEACH**

PT; FC: **Re+Active Physical Therapy**, PT for PD; movement and yoga classes for PD. Julie Hershberg ([julie@re-activept.com](mailto:julie@re-activept.com)) ; Erin Caudill ([erin@re-activept.com](mailto:erin@re-activept.com)) (PWR) [re-activept.com](http://re-activept.com), (424) 225-1845

## Los Angeles County, *continued*

### **WESTSIDE**

PT: **Balance Disorders Institute of Los Angeles** (Beverly Hills, West LA). Balance exercise classes. BH: (310) 860-9646; West LA: (310) 826-3919. [www.balancetherapy.com](http://www.balancetherapy.com) , [info@balancetherapy.com](mailto:info@balancetherapy.com)

FT: **Rachel Bedford** (West LA). Personal trainer specializing in PD; in-home sessions. Rachel is also the instructor for the P.L.L.U.S class at the Westside YMCA. (310) 676-6810

FC: **BrainBall-FX Functional eXercise Classes**. Wed 10 am, Fri 10:30 am, Westside Jewish Community Center. \$3 per student. Contact: Patrick LoSasso (323) 422-9794

FC: **Dancing Through Parkinson's, by Invertigo Dance Theatre**. Weekly classes on Mon (Venice); Thurs (Culver City); Fri (Beverly Hills) 1:30-2:30 pm. Monthly classes 2nd Wed (Torrance) and 3rd Wed (Boyle Heights). \$15 donation/class. Info: (424) 229-2141, [dancepd@invertigodance.org](mailto:dancepd@invertigodance.org), [www.invertigodance.org](http://www.invertigodance.org)

FT, PT: Certified trainer **Amanda Joyce** (West L.A.) has 15+ years helping those with PD increase balance, strength, posture, flexibility, and mobility. (310) 966-7449, [www.amandajoyce.me](http://www.amandajoyce.me)

PT; FC: **Kern & Associates Physical Therapy** (Santa Monica), therapists experienced in working with those with Parkinson's and group classes including yoga, chair aerobics, balance, and Pilates. PWR-trained therapists. <http://kernpt.com/> , (310) 315-9711, [info@kernpt.com](mailto:info@kernpt.com)

FT: **Linda La Rue, RN, MEd, ATC**. Athletic Trainer experienced in PD and MS offering in-home sessions in Beverly Hills and West LA areas. (310) 889-1876, [www.LindaLaRue.com](http://www.LindaLaRue.com)

PT: **Claire McLean, PT, D.P.T.** Physical therapist specializing in PD. In-home treatment in South Bay and West LA areas. (310) 633-4273

PT: **Debra Mesisca, PT**. Specializing in neurological problems; provides in-home treatment. (310) 230-1558

FC (Pilates): **Pilates for Parkinson's-Moving Body Pilates** (West L.A.), programs to strengthen, stretch, help increase mobility & agility. [www.movingbodypilates.com](http://www.movingbodypilates.com) ; [andrea@movingbodypilates.com](mailto:andrea@movingbodypilates.com) ; 310-569-8983

FC: **P.L.L.U.S ("Parkinson's Learning, Lifelong Useful Skills") Program, Westside YMCA**. Exercises designed specifically for people with PD. Free for YMCA members. Mon, Wed, Friday, 11:20 am-12:20 pm. (310) 477-1511, [www.tinyurl.com/YMCApllus](http://www.tinyurl.com/YMCApllus)

FT: **ReGenerations-PD and the BrainBall-FX (Prevention Thru Fitness)** (LA). Personal trainer **Patrick LoSasso**, strength and conditioning specialist, develops programs for individuals with PD. PWR Instructor. (323) 422-9794; [www.preventionthrufitness.com](http://www.preventionthrufitness.com) ; [Patrick@PreventionThruFitness.com](mailto:Patrick@PreventionThruFitness.com)

PT; FC: **Re+Active Physical Therapy**, PT for PD; movement and yoga classes for PD. Julie Hershberg ([julie@re-activept.com](mailto:julie@re-activept.com)) ; Erin Caudill ([erin@re-activept.com](mailto:erin@re-activept.com)) (PWR) [re-activept.com](http://re-activept.com), (424) 225-1845

FT: **Donna Sternberg**. Personal trainer with experience working with people with PD. In-home sessions in the West LA area. (310) 260-1198

PT: **Studio Brava Physical Therapy**. Cristina Popescu works with PD patients, [info@studiobrava.com](mailto:info@studiobrava.com) , [www.studiobrava.com](http://www.studiobrava.com) , (310) 775-1609

Reiki therapy: **The Vessel Reiki Healing Therapy** (Culver City). Specializing in Reiki for PD. Gina Angel, [gmarieangel@gmail.com](mailto:gmarieangel@gmail.com) , (323) 841-5437, [www.ginaangel.com](http://www.ginaangel.com)

## Orange County

PT: **Complete Balance Solutions** (Laguna Hills). Mary E. Pongetti is a PWR therapist. LSVT BIG also offered. (949) 340-6927, [mary@completebalancesolutions.com](mailto:mary@completebalancesolutions.com), [www.completebalancesolutions.com](http://www.completebalancesolutions.com)

Dance: **Dancing with Bob & Nancy Dufault** (Brea). Mondays, 10-11:30 am. **Brea Baptist Church**, 217 E. Birch St., Brea, 92821. (714) 974-1470, [www.npfocc.org](http://www.npfocc.org)

Dance: **Dancing with Bob & Nancy Dufault** (Newport Beach). Mondays, 1-2:30 pm. **Hoag Hospital**, 520 Superior Ave., Newport Beach, 92663. (714) 974-1470, [www.npfocc.org](http://www.npfocc.org)

Fitness: **PEP4U GYM Parkinson's Exercise Program for Wellness** (Aliso Viejo), (949) 272-5609, <http://www.pep4uwellness.org>, [PEP4UGYM@gmail.com](mailto:PEP4UGYM@gmail.com)

FC: **Rock Steady Boxing Southern California**, improves fitness, balance, flexibility. All skill levels and stages of PD; free evaluations. [www.rocksteadyboxing.com](http://www.rocksteadyboxing.com) (949) 370-0607; [Anne@RockSteadyBoxingSC.com](mailto:Anne@RockSteadyBoxingSC.com)

## Riverside County

PT: **Balance Disorders Institute of Los Angeles**, physical therapy group specializing in treating balance problems. **Palm Desert location:** (760) 565-3900, <http://www.balancetherapy.com/>, [info@balancetherapy.com](mailto:info@balancetherapy.com)

PT: **New Beginning Physical Therapy** (Palm Desert). Stacy Hennis is a PWR therapist. LSVT BIG is available. (760) 218-9961, [stacy@newbeginningpt.com](mailto:stacy@newbeginningpt.com), [www.newbeginningpt.com](http://www.newbeginningpt.com)

FC: **Rock Steady Boxing Palms Springs Area**, improves fitness, balance, flexibility. Tue & Thur classes in Palm Desert. [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org). Info: Karen Maguire [maggang.karen@gmail.com](mailto:maggang.karen@gmail.com), (760) 774-9300

## San Bernardino County

PT: **Balance Disorders Institute of Los Angeles**, physical therapy group specializing in treating balance problems. Victorville location: (760) 244-1933, <http://www.balancetherapy.com/>, [info@balancetherapy.com](mailto:info@balancetherapy.com)

PT, Pilates: **Outback Physiotherapy Centre** (Redlands). Teresa Rogers is a *PWR therapist*. Pilates and others services offered. (909) 307-9121, [teresa@outbacktherapy.com](mailto:teresa@outbacktherapy.com), [www.outbacktherapy.com](http://www.outbacktherapy.com)

## San Diego County

PT: **Balance PLUS**, Kathy Grimsby, *PWR therapist*. (858) 483-1600, [balancepluspt@att.net](mailto:balancepluspt@att.net), [www.balancepluspt.com](http://www.balancepluspt.com)

PT: **Home Therapy Associates** (Oceanside), Frank Rivera is a *PWR therapist*. (760) 643-9347, [mobilept1@gmail.com](mailto:mobilept1@gmail.com)

PT: **Inhome Therapy Services of San Diego** (Encinitas; serving nearby areas). Jim Prussack is a *PWR therapist*. LSVT BIG available, along with other services. (760) 271-3850, [jimg@inhometherapyservices.com](mailto:jimg@inhometherapyservices.com), [www.sandiegoinhometherapy.com](http://www.sandiegoinhometherapy.com)

PT: **Listening Body**. Certified Medical Exercise Specialist Laura Ann Wolfe works with people with PD, offering a range of options. [www.lauraannwolfe.com](http://www.lauraannwolfe.com), [laura@listeningbody.com](mailto:laura@listeningbody.com), (858) 692-8484

## San Diego County, *continued*

FC: The **Parkinson's Association's four Wellness Centers** offer classes and gym equipment for PWP's & care partners. Locations in Carlsbad, La Jolla, Mission Valley, and San Diego.

[www.parkinsonsassociation.org/movement/](http://www.parkinsonsassociation.org/movement/) [contactus@parkinsonsassociation.org](mailto:contactus@parkinsonsassociation.org), (858) 273-6763

FC: **PD Exercise Class** (Cardiff by the Sea), Tue & Thur, 11 am-12 pm. Encinitas Elks Lodge. General exercise class tailored specifically to PWP. [www.parkinsonsassociation.org/movement/](http://www.parkinsonsassociation.org/movement/), (760) 753-2243.

FC, FT: **Rock Steady San Diego**. Two classes daily, Mon-Fri, Vista. Personal training also available. [www.rocksteadyboxingsandiego.com](http://www.rocksteadyboxingsandiego.com). Contact: Rosa Kuhlmann, [mrosa@rocksteadyboxingsandiego.com](mailto:mrosa@rocksteadyboxingsandiego.com)

Dance: **"Simple Movement"** (La Jolla). Mon 11 am-12:30 pm, \$64/8-wk program. Laura Ann Wolfe, (858) 692-8484, [Laura@ListeningBody.com](mailto:Laura@ListeningBody.com), [www.parkinsonsassociation.org/resources/simple-movement](http://www.parkinsonsassociation.org/resources/simple-movement).

## San Luis Obispo County

PT: **Paso Robles Physical Therapy**. Maria Allen is a *PWR therapist*. (805) 237-0272 , [maria@pasoroblespt.com](mailto:maria@pasoroblespt.com), [www.pasoroblespt.com](http://www.pasoroblespt.com)

## Ventura County

FT, more: Debra McKeown of **Custom Body Solutions** offers massage therapy, stretch and balance assistance, and strength training to those with PD. Visits at their studio on Alameda Ave or in your home anywhere in Ventura County. [www.CustomBodySolutions.net](http://www.CustomBodySolutions.net), (805) 207-7133

Dance, yoga: **Dancing Over Parkinson's at High Studio** (Moorpark). Mon, 12-1 pm. High Studio, 11 E. High St. \$15/class drop-in; packages available. PD yoga Wed, 12-1pm. (805) 876-4740, [www.high-studio.com](http://www.high-studio.com).

Dance: **Dancing with Parkinson's** (Ojai), with Irina Dukhon. Mondays, 1-2 pm, Ojai Art Center, 113 S. Montgomery St., 93023. Suggested donation \$5. (206) 909-8918, [idukhon@hotmail.com](mailto:idukhon@hotmail.com)

PT, Pilates: **Equilibrium Balance Performance Center**. Amy M. Griffin, MS, works with people with PD to help balance issues. Balance support group 1st Wed of the month. [www.equilibrium-bpc.com/](http://www.equilibrium-bpc.com/), (805) 339-9718.

PT: **Globerman Physical Therapy** (Ventura). Esther Globerman is a *PWR therapist*. 805-339-0001 Email: [globermanpt@gmail.com](mailto:globermanpt@gmail.com) , [www.globermanpt.com](http://www.globermanpt.com)

FC: **Parkinson's Exercise Classes** (Camarillo). Contact Camille Torgeson for information, (805) 987-6354

FC: **"PD Fighters"** weekly non-contact boxing class for Parkinson's (Newbury Park). Mondays and Thursdays, 2pm, Title Boxing Club. Info: Jennifer Parkinson, (805) 908-2713