

SAN DIEGO CPTA INTOUCH!

MAY EDITION

San Diego District Updates

Hello San Diego District CPTA Members,

Please share this newsletter with other PT's, PTA's and students that might wish to know what's going on in the San Diego District, and let's get more PT's to "GET INVOLVED, STAY INVOLVED"!

The San Diego District CPTA sponsored our first continuing education course in a while at University of St. Augustine organized by the Education Committee, Karen Leyva, Todd Dickman and others. See the recap in this newsletter and THANK YOU to Norman Belleza and Maureen Johnson for "You Are the Jury"!

The Meet and Mingle Hike has been re-scheduled for Sunday, May 25 th , and will combine the CAL- PT- PAC and the San Diego District Outreach committee. Read on to get the details.

If you are interested in advertising your business in this newsletter, contact our Newsletter Chair, Dana Truong, truong.dana98@gmail.com. If you are interested in hosting a district event, please contact myself, kprescher@sdsu.edu, or Rosalia Arellano, arellano.pt@gmail.com, Outreach Chair.

Have a wonderful Spring everyone. I look forward to serving the San Diego District CPTA as your Chair! Kelly



San Diego District CPTA



HIKE

TO BENEFIT THE



Join local PTs, PTAs and students
for a scenic hike and networking opportunity -
all while supporting PT research in CA!

SATURDAY, MAY 17TH AT 8:30AM

LOPEZ CANYON TRAIL
Los Peñasquitos Canyon Preserve

4 miles out and back, flat terrain, approx 1hr 20min

Meet at the Peñasquitos Trail South Parking Lot
(off Sorrento Valley Blvd)

RSVP FORM:



Recommend donation of \$20



Let's move together for a cause that moves us all!

CPTA Legislative Day

March 18, 2025 in Sacramento, CA

By: Mallory Corley, SPT

Hi my name is Mallory Corley and I'm a second year DPT student and the President of the Student Association at San Diego State University. Last month, I had the privilege of attending the CPTA Legislative Day in Sacramento, CA. This was an incredible experience, especially as a student, because I provided a much deeper understanding of the legislative process that governs our ability to practice in the state of California.

I had the opportunity to review current legislation being introduced on the Senate floor, including bills that support practicing at the top of our license and measures aimed at improving patient access to physical therapy services without the barrier of prior authorization. I also engaged in conversation with legislative aides and staff to help educate them on the significance of these proposed bills and their benefits to not only us as practitioners, but to our patients and their ability to receive high quality and accessible care.

Witnessing the extensive efforts behind policy making, and the crucial role that lobbyists and PT advocates play in promoting and protecting our profession, was both inspiring and eye-opening. As someone preparing to enter the clinical workforce within the next year, it was incredibly meaningful to see the passion and dedication of everyone involved in advocacy, from practicing PTs to students and legislative professionals, all working together to advance our field.



Thanks again!



SAN DIEGO CPTA LEADERSHIP TEAM

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Vice Chair

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Treasurer/Secretary

Steven Ung, PT, DPT

Chief Representative

Cornelia Lieb-Lundell, PT, DPT

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Jacque Moore, PT, MPT, ATC, DSc, PhD

Nominating Committee Members

Amanda Allen Parrish, PT, DPT, OCS, FAAOMPT
and Felicity Rice, PT, DPT

Newsletter Committee

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Brigitte Fuller, SPT

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Jocelin Friedman, PT, DPT, RPSF-NDT, and
Norman Belleza, PT, DPT, PhD

Social Media Chair

Nadia Rocha

Outreach Committee Chair

Rosalia Arellano, PT, DPT

Outreach Committee Members

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Friedman, PT, DPT, RPSF-NDT, Ricardo Amaya,
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Advocacy Council Chair

Gail Bachman, PT, DPT

Advocacy Council Member

Karen George-Moshiri, PT, DPT, GCS

Education Committee Co-Chair and CPTA Education Council Rep

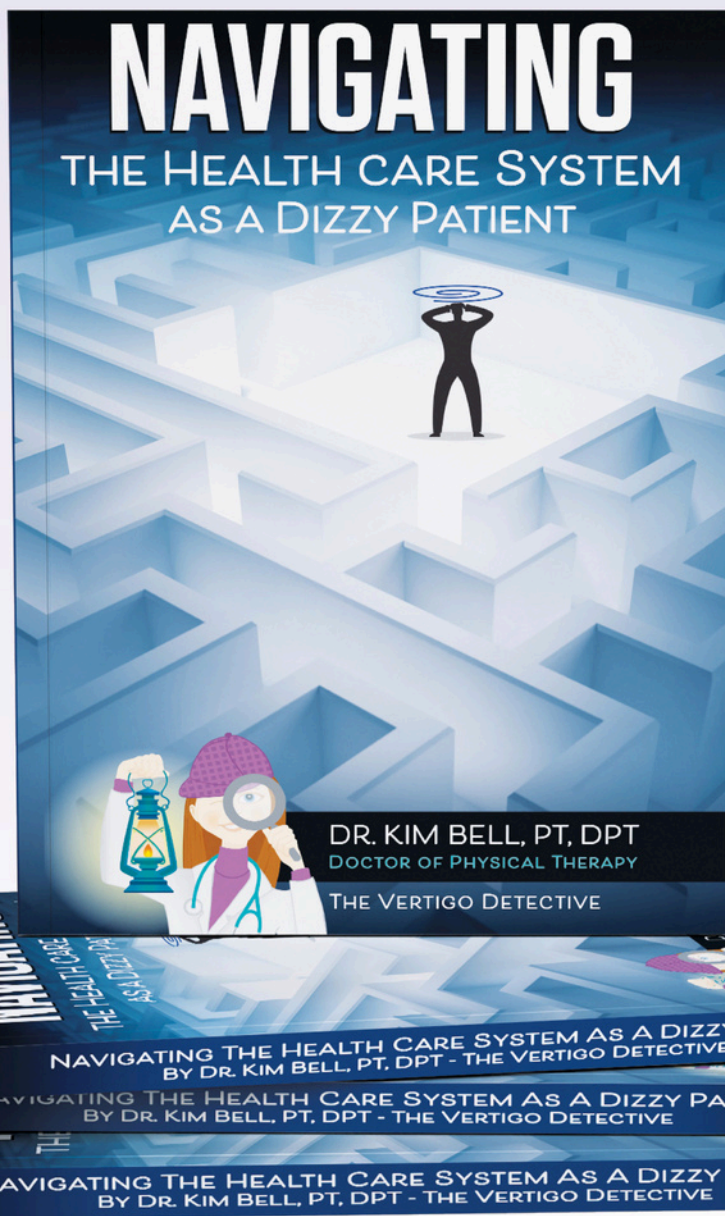
Todd Dickman, PT, DPT and Karen Leyva, PT, DPT, OCS Emeritus, CSCS

Dr. Kim Bell, PT, DPT
**THE VERTIGO
DETECTIVE**



NAVIGATING THE HEALTH CARE SYSTEM AS A DIZZY PATIENT

**NOW AVAILABLE
ON AMAZON**



Dizziness is one of the most unexplained and under-treated symptoms in health care today. Many patients bounce around endlessly within the health care system for months to years with no answers or relief.

I have written this book as a guide to help people with dizziness and vertigo find proper care and the correct treatment plan, with or without an accurate diagnosis. Essentially, you will be asked to put on a sleuth-like hat and become a vertigo detective for your own case. With some education and solid guidance, I believe you can learn how to properly navigate the health care system to achieve the best possible outcome for your case of dizziness or vertigo.

I WANT TO HELP YOU GET YOUR LIFE BACK!

Dr. Kim Bell, PT, DPT



Kim Bell, DPT |



kimbelldpt |



Google



Kim Bell, DPT |



Meet Your San Diego District Leadership

By Brigitte Fuller, SPT Q&A with Karen Leyva, PT, DPT, OCS Emeritus, CSCS

Where are you from?

Orange County, born and raised. Migrated to SD in 1996.

Where did you go to school?

CSU Fullerton for undergrad, majoring in biology and health sciences, CSU Long Beach for PT, and College of St. Scholastica where I earned my DPT.

What prompted you to pursue PT as a career?

I was unsure of my path in college. I worked as a chiropractor's assistant, where I realized how cool it was to work with patients. I considered being a chiropractor, but didn't like the adjustment-only model. A similar path played out with a family physician's office. A classmate told me about PT; when I observed, I could immediately see how PT incorporated more time interacting with patients and deep anatomical knowledge into patient care, and I was hooked.



What branch of physical therapy do you work in?

I teach full-time at the University of St. Augustine in San Marcos; previously, I was in sports outpatient orthopedics as a PT and clinic director.

How long have you been involved with the San Diego District?

I have been a member since I moved to San Diego; around eight years ago, I started becoming more involved as a member of the nominating committee (a role alternating two years as a member and one year as the chair). I now serve in an unofficial position on the education committee, organizing and planning continuing education opportunities through our district.

What sparked your interest in being involved with the San Diego District?

I think that many do not understand the benefits of being a district member. I'm so proud of our profession; it's a joy and an honor to do this job. Responsibility and accountability are integral components of PT, and being a member of a professional organization ensures that we stay on top of best practices. Networking with other professionals who are similarly excited to share information helps disseminate the knowledge even better.

What do you hope to accomplish in your leadership role this term?

I recently helped the district host a con-ed opportunity (Medicolegal Jury Simulation). I hope to continue providing education topics to help people keep that spark of joy alive.

Meet and Mingle

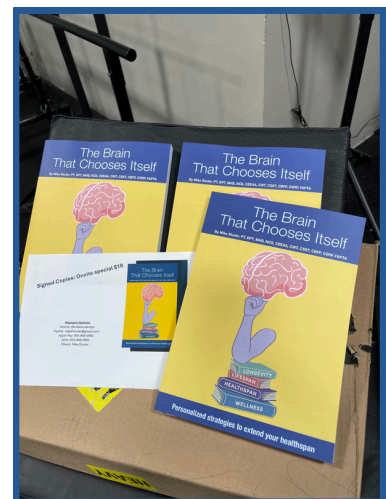
March 7, 2025

By: Rosalia Arellano, PT, DPT



Our last PT Meet & Mingle was a packed event!! We had a special visit from Dr. Mike Studer, who led a stimulating discussion, sharing valuable neuro nuggets from his book *The Brain That Chooses Itself: Options & Applications To Achieve Your Optimized Healthspan*. We discussed intensity, nutrition, inflammation and whether to choose an ice plunge or a jacuzzi sesh. I know which I would choose! This activity was coordinated in collaboration with the San Diego Track Club. We are incredibly grateful to Chris Corpuz and Reneu Health for hosting us in their space. Community members, PTs, PTAs and Students joined in the convo for a great networking night! Dr. Mike Studer, PT, DPT, MHS, NCS, CEEAA, CWT, CSST, CSRP, CBFP, FAPTA is a Catherine Worthingham Fellow of the APTA and ABPTS Board-Certified Neurologic Clinical Specialist (NCS). He is the AUTHOR of: *The Brain That Chooses Itself*; now also available on audible.

Join us for our next Meet & Mingle for a gorgeous hike on Sat May 17th, coordinated in collaboration with Research Moves Us to support the Cal PT Fund!





EDUTEK

CONTINUED EDUCATION COURSES

FOR THE SERIOUS PHYSICAL THERAPIST

**Orthopedic Manual Physical Therapy
2-Day Intensive Courses | San Diego, CA**



**CPTA
APPROVED**

1 lumbar
SPINE REGION
MAY 17-18

2 hip joint
COMPLEX
JUNE 21-22

3 soft tissue
MOBILIZATION
SEPT 27-28

key FEATURES

- ✓ Intimate class size for best learning
- ✓ Hands-on feedback & expert supervision
- ✓ Conceptual frameworks & clinical application
- ✓ Intense differential diagnosis skills
- ✓ Strategic exercise progression from acute/subacute & performance based
- ✓ 70% hands-on training / 30% lecture

why it's WORTH IT

Enhance your evaluation and treatment skills by revisiting and strengthening the fundamentals of manual therapy. These courses help you understand the rationale behind exercise progression and manual interventions while sharpening your hands-on techniques. You'll explore how histology influences tissue response, apply neurophysiological principles to pain and dysfunction, and simplify biomechanical concepts for practical use—all to elevate your clinical reasoning with a deeper grasp of the "why" behind each approach.



Dr. Yousef Ghandour, DPT, MOMT, FAAOMPT is a passionate lifelong educator with over 40 years of experience as a Physical Therapist, Master clinician in Orthopedic Manual Therapy and a Fellow - American Academy of Orthopedic Manual Physical Therapy. He holds a certification in S.E.A.S. Italian approach in scoliosis management , he is Associate Fellow - Scoliosis Research Society. Dr. Ghandour earned his Doctorate in Physical Therapy with a focus on executive leadership, 2021 from University of St. Augustine and received the "Force for Good" award in 2022.

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**register
FOR A COURSE**

Full course details at qtekproducts.com
Secure your registration—Limited seats available

HOST A COURSE?

Send your details to the info@qtekproducts.com or fill out a form at qtekproducts.com.

Continuing Education - Medicolegal Simulation

April 17, 2025 at the University of St. Augustine for
Health Sciences

Thank you to the Education Committee: Karen Leyva, Todd Dickman, Norman Belleza, and Maureen Johnson for organizing the first continuing education course for the San Diego District CPTA!

This simulation highlighted the importance of effective interprofessional communication, thorough documentation, and adhering to legal practices. We were pleased to see both physical therapists (PTs) and student physical therapists (SPTs) in attendance!



I participated in this simulation as the physical therapist on the defendant side. I learned the utmost importance of having thorough documentation, because I was truly afraid that something like this could happen to me one day. I also learned that in a court of law, you have to take emotion, bias, and speculation out of the decision making process and focus solely on the evidence being presented to you. Overall, I felt this experience was very worth the time investment because it offered perspective into why clear documentation is so imperative.

- Ivan Moc, SPT



SAVE THE DATES

More details about our San Diego District and events can be found online at
the SD District Website

UPCOMING EVENTS & IMPORTANT DEADLINES

May 17, 2025

PT Meet and Mingle Hike
Lopez Canyon Trail
Los Penasquitos Canyon Preserve

Any comments, questions, future content ideas, or advertisements for the
newsletter can be sent to the Newsletter Chair, Dana Truong
(truong.dana98@gmail.com).



CPTA
— CALIFORNIA —
Physical Therapy Association
San Diego District