

# SAN DIEGO CPTA INTOUCH!

FEBRUARY EDITION

## San Diego District Updates

*A message from the Chairperson..*

*Hello San Diego District CPTA Members! I am excited to be writing this welcome message at the beginning of my term as your district Chair! I have served in this role two other times for the San Diego District, and I look forward to doing so again! The most important thing we can do as your district leadership is to find out WHAT our members need to feel supported and engaged in the district. We have multiple committees that members can serve on. San Diego District historically has been UBER active in community events. While those events took a pause during the pandemic, our Outreach Chair, Rosalia Arellano, is back on the bus and getting things going. The Outreach committee will be active once again, and I know Rosalia is seeking other committee members to help out. Don't hesitate to reach out to either of us with your interest in volunteering at district events. There is a Meet and Mingle Hike scheduled for Saturday, April 26th, where we will meet at Mission Trails Regional Park and have a great morning hike. Doug and I have camped in the primitive campground next door for this event last year. It made a really nice weekend!*

*If you are interested in advertising your business in this newsletter, contact our Newsletter Chair, Dana Truong, [truong.dana98@gmail.com](mailto:truong.dana98@gmail.com). If you are interested in hosting a district event, please contact myself, [kprescher@sdsu.edu](mailto:kprescher@sdsu.edu), or Rosalia Arellano, [arellano.pt@gmail.com](mailto: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, PT, DPT*



# WELCOME OUR NEW LEADERSHIP TEAM

## Chair

Kelly Prescher, PT, DPT

## Vice Chair

Alison Harper PT, DPT

## Treasurer/Secretary

Steven Ung, PT, DPT

## Chief Representative

Cornelia Lieb-Lundell, PT, DPT

## Appointed DEC Member/District Elected Delegate

Travis Dennis, PT, DPT, NCS

## Nominating Committee Chair

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

## Nominating Committee Members

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

## Newsletter Committee

Dana Truong, SPT, Dana Haddon, PT, DPT, and  
Brigitte Fuller, SPT

## Webmaster

Steven Ung, PT, DPT

## DMSL Chair

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

Marianne Hanover, PT, DPT, PhD, Jocelin  
Friedman, PT, DPT, RPSF-NDT, Ricardo Amaya,  
PT, Karen George-Moshiri, PT, DPT, GCS

## 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

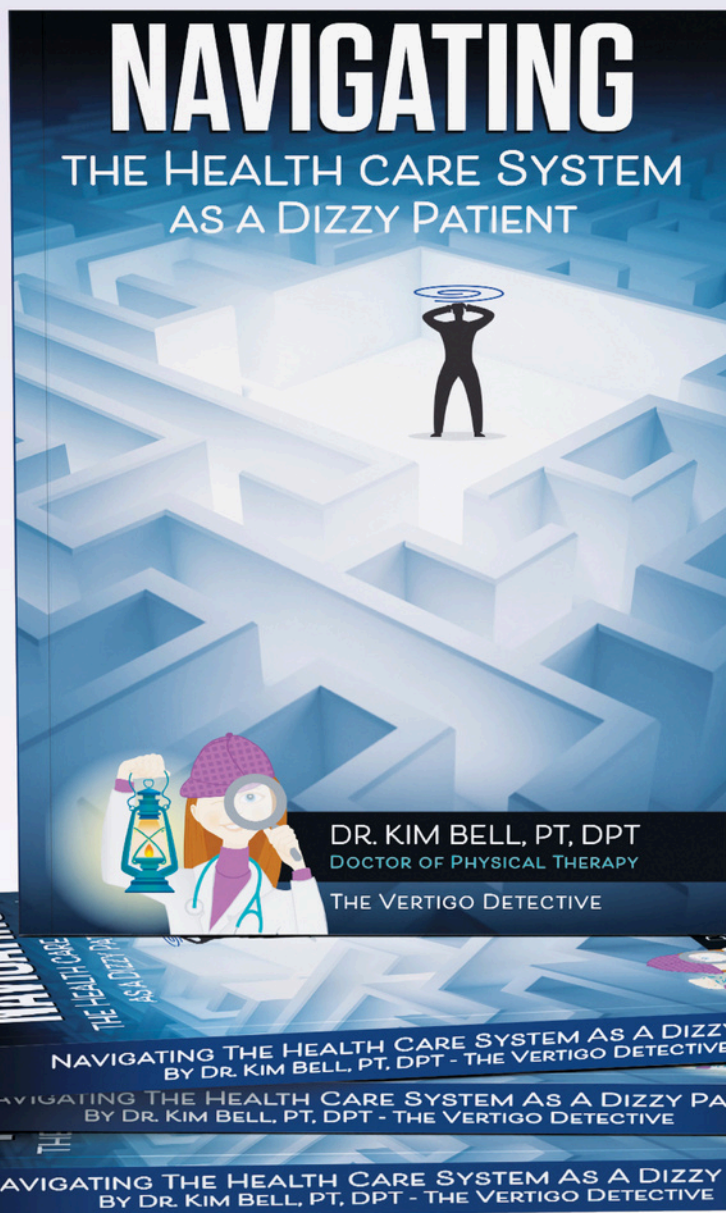
Todd Dickman, PT, DPT and Karen Leyva, PT, DPT, OCS Emeritus, CSCS

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*





# SDCPTA Meet & Mingle in Collaboration with the San Diego Running Club

Join us for Networking with honored guest and author, Dr. Mike Studer who will lead a casual discussion on:  
The Brain That Chooses Itself: Options and Applications to Achieve Your Optimized Healthspan

**WHEN:** Friday, March 7, 2025 from 6:15PM - 7:45PM

**WHERE:** Renew Health, Inc.

7551 Convoy Ct, San Diego, CA 92111

**WHO:** Open to all comers - healthcare providers, run clubs & their family and friends, all are welcome

Dr. Mike Studer, PT, DPT, MHS, NCS, CEEAA, CWT, CSST, CSR, 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.

# Meet Your SD District Leadership

By Brigitte Fuller, SPT Q&A with Alison Harper, PT, DPT

**Where are you from?** LA

**Where did you go to school?**

SDSU kinesiology pre-PT for undergrad;  
Mount Saint Mary College (now University)  
in LA for DPT

**What prompted you to pursue physical therapy as a career?**

I wanted to make a living giving back to the community, but I never wanted to sit behind a desk. As a lifelong athlete, I took some athletic training career courses in high school, but ultimately observing my sister attending PT sent me down this path.

**What branch of physical therapy do you work in?**

My own private practice outpatient orthopedic clinic “San Diego Physical Therapy,” and professor in the DPT program at SDSU

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

off and on for 6-7 years

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

I value community involvement, and I was less familiar with the aspects surrounding PT advocacy. I need to base any recommendations I make to my students on personal experience, and I want to demonstrate the value of involvement and advocacy to the younger generation of clinicians.

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

Increase promotion of district involvement to younger clinicians and begin expanding our advocacy community to ensure the longevity of our district influence on our amazing profession





**WATER & SPORTS  
PHYSICAL THERAPY**

Mission Beach • Downtown • Coronado • La Jolla  
Carmel Valley • Poway • Scripps Ranch • UTC

# NOW HIRING

## PHYSICAL THERAPISTS

Join Our Team at Water and Sports Physical Therapy

Our mission at Water and Sports Physical Therapy is to provide our patients with the highest standards of therapeutic excellence, with the most caring and compassionate staff. We provide weekly training to our therapists in the most advanced education in order to exceed the level of expertise and treatment outcomes in the country.

**Location:** San Diego, California

**Position:** Full Time Physical  
Therapist

**Start Date:** Preferred Start Date

**Annual Salary:** Base Salary

\$80,000-\$90,000 annually

**Job Type:** Full-time or Part-time

**No more typed out notes! No taking notes home or doing notes after patient hours!** We are now providing all of our therapists with a note dictation system that significantly decreases note time (evaluation notes now take about 5-6 minutes and daily notes take 1-2 minutes). This latest AI Technology saves you time and stress: WSPT is one of the few clinics in the country that has invested into a dictation software for our therapists. This saves you time and effort, allowing you to focus more on what you do best – helping patients feel better and achieve their goals. This expense is a commitment to your well-being, recognizing the importance of work/life balance and overall job satisfaction.

**3D infrared analysis:** We have developed an amazing tool that scans your patients movements for ROM deficits and finds compensations patterns. You can utilize this information to find areas of focus and help patients see deficits and improve objectively. Say goodbye to the goniometer. Check out this link for more information:

<https://www.waterandsportspt.com/infrared-analysis/>

### WSPT Will Provide:

- WSPT pays for training and prep for the OCS certification as covers the cost of the OCS exam and APTA Membership
- Weekly mentorship training teaching high-level manual therapy techniques, advanced exercise progression and evaluation pearls
- Post graduate in-house certification through NOMPTI monthly PAID meeting. \$100 for every certified body part
- Onsite continuing education course hosting. Free attendance. Courses included but not limited to DNS, IPA, Vestibular Certification, Herman and Wallace Pelvic Floor Certification, SFMA, Neurodynamics, Hyperkinetics, Stick Mobility and more

### Benefits:

- Working for a wonderful company with 8 offices
- New dictation system utilizing your phone to complete notes while treating without having to type on computer. Notes take 1-2 minutes and evaluations 6-8 minutes
- Team bonding experiences
- Major focus on education
- Holiday pay
- Paid Vacation and Sick Time
- 401K with matching

# 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

### Meet and Mingle in Collaboration with the San Diego Running Club

Friday, March 7

6:15PM to 7:45PM

Renew Health Inc.

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Join us for Networking with honored guest and author, Dr. Mike Studer who will lead  
a casual discussion on:

The Brain That Chooses Itself: Options and applications to achieve your optimized  
healthspan

### Meet and Mingle Hike

Saturday, April 26

Mission Trails Regional Park

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



**CPTA**  
— CALIFORNIA —  
Physical Therapy Association  
San Diego District