

SAN DIEGO CPTA INTOUCH!

MARCH 2026 EDITION

San Diego District Updates

Hello San Diego District, CPTA Members,

I hope everyone is doing well and enjoying the summer like weather in America's Finest City! This warm spring has put a damper on my ski season, but I can't complain. Results of the 2026 election cycle are now properly posted in this newsletter. Thank you to our newly elected Chief Representative to the California Physical Therapy Association's Assembly of Representatives, Travis Dennis, for rallying the troops early on and confirming elected Reps ability to serve in September.

The newly elected representatives serving a two year term are:

Travis Dennis- Chief Rep
Christine Balderas
Cory Parker
Gail Bachman

Marianne Hanover
Norman Belleza
Mitchell Rauh
Morgan Ascher

Myself, Annie Burke-Doe, Heather Disney-Polman, and Steven Ung will continue in our roles as Reps through 2026. We always need additional members to volunteer to serve as Reps to the CPTA AOR! We have six alternates currently, but a lot of times the district ends up bringing up several of the alternates. Let myself or Amanda Parrish, aallenparrish@usa.edu, Chair of Nom Com, know if you are interested!

The district Education Committee ran a survey earlier this year to see what our members want for CE opportunities at the district level. Karen Leyva will provide a brief summary of the outcomes of that survey in this newsletter. Thank you to all that participated!



If you are interested in advertising your business in this newsletter, contact our Newsletter Chair, Brigitte Fuller, brigitte.mitchell@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.

Thank you all for your membership in the San Diego District CPTA,
Kelly



Education Updates

Hello District Members!

Thank you to everyone who took the time to respond to our recent survey about your continuing education preferences for the District. Your feedback is incredibly valuable and will help us plan programs that better fit your needs and schedules.

Some of your preferences were for short, virtual or face-to-face sessions and sessions held on weeknights. A few topics mentioned included the temporomandibular joint, vestibular disorders, nutrition recommendations to support the immune system, cash-based PT practice, and reviews of payment policy.

Please keep an eye out for upcoming continuing education opportunities that reflect your input. And don't forget to check the CPTA education website for offerings from other Districts as well as from CPTA. We look forward to providing engaging, practical learning experiences that support your clinical practice and professional growth!

Sincerely,
The SD District Education Team



HOME

SD DISTRICT EVENTS

OUR TEAM

PT WEBSITE LINKS

ABOUT US

CONTACT US

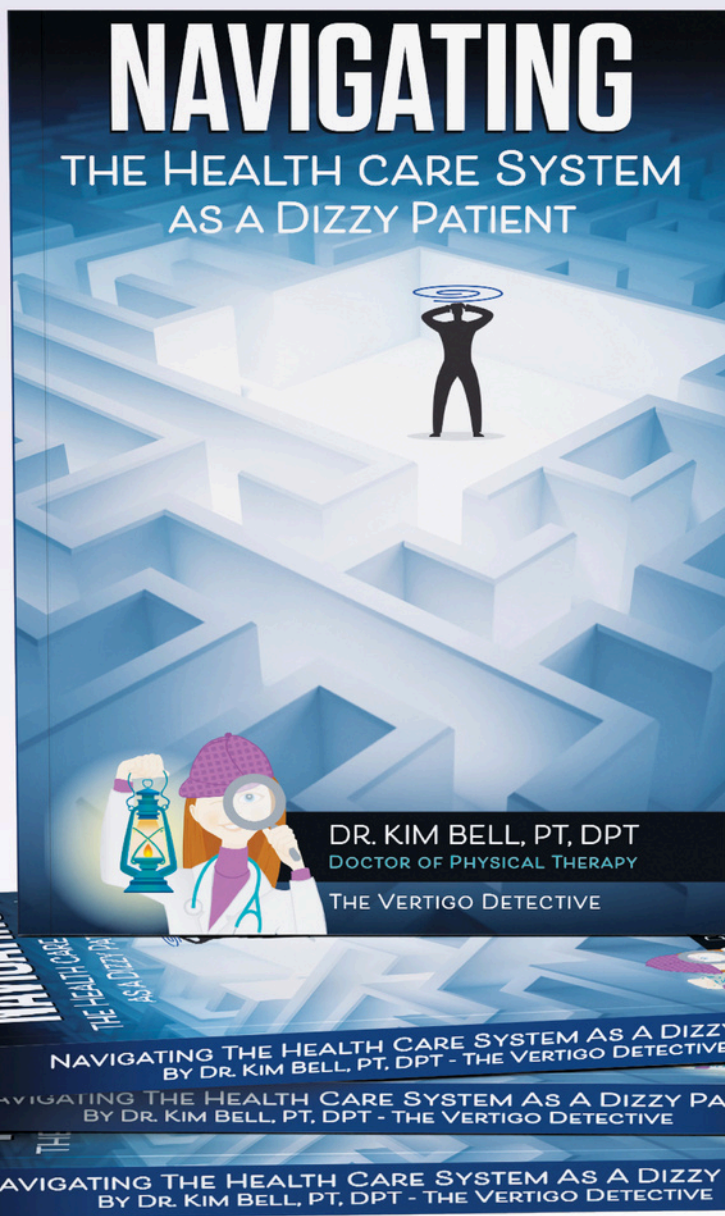
sandiegocpta.com

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



Meet Your San Diego District Leadership

By Brigitte Fuller, SPT Q&A with Dana Truong Brayton PT, DPT

Where are you from?

I am originally from Newark, NJ, and moved to Temecula when I was young, then later to San Diego

Where did you go to school?

I started at Mount San Jacinto College and transferred to Cal State San Marcos for my BS in Kinesiology with an emphasis in movement science and Saint Augustine in San Marcos for my DPT

What prompted you to pursue PT as a career?

My interest started in high school as an athletic trainer student, which I enjoyed but wanted to do more than sports. In college, my academic advisor suggested I look into physical therapy, which was something I had not considered... Fast forward to my job as an aide, where the PT I worked closely with mentored me and I fell in love with the profession



What branch of physical therapy do you work in?

I work in an outpatient workers' compensation clinic specializing in acute care, I see patients the same day they get injured or within 72 hours

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

I was originally on the newsletter committee; I was first recruited a little over two years ago by one of the professors at USA who thought I would be a great fit since I was already doing the student campus newsletter

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

I wanted to explore opportunities, learn more about the CPTA, and identify ways to get more students involved. I understand that students are busy with school, but I believe you can't rely on others to make changes for you. If you want to see change, you have to get involved too!

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

As Secretary Treasurer, I aim to engage more students and raise awareness of how to advocate for the profession. I want to reach students via pathways that are captivating to them, show them how great it is to be a physical therapist, and how to get more out of the profession.

CSM 2026 in Anaheim

by Alina Soto, SPT

My name is Alina Soto and I am a second year physical therapy student at San Diego State University. I recently had the amazing opportunity to travel to Anaheim with my cohort and attend all 3 days of CSM. My classmates and I explored the exhibition hall in great depth and got to network with future employers, leaders in technology, and like minded students. In particular, I enjoyed trying out emerging equipment such as antigravity treadmills, tilt table hospital beds, reactionary testing devices, and many more. My classmates and I additionally had the opportunity to network with local clinicians from San Diego, many of whom were SDSU DPT Alumni. It was incredible to receive their advice as well as learn more about their experiences and the resources they have for current students.



Alina Soto (third from right) and classmates

Throughout the weekend, I attended a multitude of educational sessions to deepen my knowledge in my respective fields of interest. I especially enjoyed learning about the interdisciplinary approach to inpatient rehab in, “Hands on in the Hospital- Manual Therapy in Acute Care”, and about new research in women’s health from, “Cycle Sync: Harnessing Hormonal Dynamics for Peak Female Athletic Performance”. I will undoubtedly carry over the knowledge I gained at CSM to my upcoming clinical rotations as well as in my future career. Overall, I left CSM feeling greatly inspired and am ecstatic to be pursuing a career founded in growth, mentorship, evidence based practice, and the drive to improve the human experience.

Representing the San Diego District



Combined Sections Meeting in Anaheim

Steven Ung, PT, DPT
Matt Downey, PT, DPT, OCS
Jessica Phung, PT, DPT
Jessica Patrizia Rin, PT, DPT, MHA
Rhoda Bea Hernando, PT, DPT, OCS, ATC
Diana Wallace, PT, DPT, OCS, MBM

Legislative Day in Sacramento

Dr. Tyler De La Garza, PT, DPT
Dr. Cornelia Leib-Lundell, PT, DPT
Dr. Kelly Prescher, PT, DPT
Dr. Rosalia Arellano, PT, DPT

These SD members met with
legislative staff for Assembly member
Christopher Ward and Senator Akilah
Pierson-Weber.



CPTA Legislative Day 2026: Advocacy in Action

By Dr. Gail Bachman, PT, DPT

The California Physical Therapy Association (CPTA) Legislative Day in Sacramento, CA on March 17th, once again demonstrated the power of our collective voice as a profession. Physical therapists, physical therapist assistants, and students from across the state came together with a shared purpose: to advocate for our patients, our practice, and the future of physical therapy in California.

Throughout the day, participants engaged directly with legislators and legislative staff, sharing real-world stories that highlighted the value of physical therapy in improving patient outcomes and reducing overall healthcare costs. A central focus of these conversations was AB 2497: Modernization of PT Practice Act. This legislation represents a critical step toward modernizing physical therapy practice in California by:

- **Allow PTs to practice at the top of their license** by aligning California law with national standards and doctoral-level education
- **Improve patient access to care** through fewer restrictions on direct access, reducing delays and overall healthcare costs
- **Authorize PTs to prescribe non-opioid medications** under Board regulation, while maintaining strict prohibitions on opioid prescribing
- **Expand diagnostic and clinical capabilities**, including ordering imaging and performing musculoskeletal ultrasound
- **Ensure access to modern, evidence-based interventions**, including treatments such as dry needling

While CPTA Legislative Day is a powerful moment of collective advocacy, our work does not stop there. **Meaningful change requires ongoing engagement from all of us.** If you were unable to attend this year, there are still many ways to stay involved such as supporting initiatives that advance our profession, reaching out directly to your local legislators and/or contributing to the CAL-PT-PAC. Each of these actions helps strengthen our collective voice and shape the future of physical therapy in California.





Your Voice. Your Profession. **Your PAC**

Couldn't make it to CPTA Legislative Day?

You can still make an impact!



Scan to Donate



Takes less than **30 seconds** to donate

Every day, legislators hear from hundreds of healthcare groups competing for influence. If physical therapy doesn't show up with a unified voice, critical decisions will be made without us.

Your contribution to the CAL-PT-PAC ensures physical therapy is represented by leaders who understand the value of our profession and the patients we serve.

Even \$10-\$25 makes a difference

Monthly donations have the greatest impact

Share this with others! **ADVOCACY CANNOT BE FUNDED BY A FEW**

Membership not required to support your profession through this PAC donation.

Join the movement today!

Follow CAL-PT-PAC on for updates and action alerts



Support AB 2497 Modernization of Physical Therapy Practice

Californians should be able to receive the highest level of care physical therapists* can provide!



Physical therapy education is constantly being updated with the most recent research yet the California Physical Therapy Practice Act has not been modernized to meet the Commission on Accreditation in Physical Therapy Education standards since 1985. Physical therapists are now educated at the doctoral level.

To provide the highest level of care for Californians, physical therapists should be able to practice at the top of their skill set and knowledge base, including the ability to:

Order or refer a patient for imaging

Perform and interpret musculoskeletal ultrasound imaging

Prescribe, store, and administer topical medications

Prescribe non-opioid analgesic and non-steroidal anti-inflammatory medications

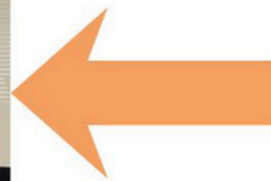
Perform tissue penetration for the purpose of treating the neuromuscular system

Consumers should be able to:

- ✓ Choose to see a physical therapist without burdensome restrictions
- ✓ Receive the most current and evidence-based interventions (state laws should not limit access to these health care benefits)
- ✓ Access timely physical therapy care

Your Work as a Physical Therapist Can Change a Life Every Day. Come Do It With Us

Join a collaborative team providing true 1-on-1 patient care with clinical autonomy, reasonable productivity expectations, and a focus on quality outcomes—not volume.



This could be you!

“Make a difference, not just see patients.”

Flexible scheduling and healthy work–life balance
Continuing education support and advanced skill development
Competitive benefits: health insurance, 401k match, PTO, sick time, plus discounted dental & vision



contact

Beth@waterpt.com
www.waterpt.com

LET'S CONNECT, GIVE BACK, AND GROW TOGETHER IN 2026

HEY SAN DIEGO DISTRICT MEMBERS!

ONE OF THE GREATEST STRENGTHS OF OUR PROFESSION ISN'T JUST WHAT WE DO IN THE CLINIC – IT'S WHO WE ARE TO OUR COMMUNITY, AND TO EACH OTHER.

WHEN WE SHOW UP TOGETHER, WE BUILD MORE THAN PROFESSIONAL CONNECTIONS. WE BUILD BELONGING. WE BUILD IMPACT. AND WE REMIND EACH OTHER WHY WE CHOSE THIS WORK IN THE FIRST PLACE.

AS YOUR CHAIR OF THE MEMBERSHIP AND COMMUNITY OUTREACH COMMITTEE, I AM INCREDIBLY EXCITED ABOUT WHAT WE HAVE PLANNED FOR 2026.

OUR COMMITTEE'S GOAL – IS SIMPLE: CREATE MEANINGFUL OPPORTUNITIES FOR YOU TO CONNECT, RECHARGE, AND SERVE ALONGSIDE COLLEAGUES WHO SHARE YOUR PASSION AND PURPOSE.

TOGETHER, WITH RICARDO AMAYA, JOCELIN FRIEDMAN, MARIANNE HANOVER, AND KAREN GEORGE-MOSHIRI, WE'VE PLANNED A FEW DIFFERENT WAYS TO ENGAGE AND I TRULY HOPE YOU'LL JOIN US!

MEET & MINGLE – BUILD COMMUNITY, SHARE INSPIRATION

May 16th (North County) – Research Moves Us + Hike & Breakfast



Time: 8:00-10:00 AM

Where: San Dieguito Lagoon ([2801 Via De La Valle, Del Mar, CA 92014](#)).

Lead: Marianne Hanover

Join us for a refreshing morning hike followed by breakfast (on your own) at [Ki's Restaurant](#) nearby. RSVP Here: <https://forms.gle/wvJIG6eQNVdLZK5A7>

August 8th - (Central County) Beach Day



Time: 8:00-10:00 AM

Where: Silver Strand Beach ([5000 CA-75, Coronado, CA 92118](#))

Lead: Rosalia Arellano

Pack your sunscreen and bring the Fam! A casual beach gathering to reconnect and recharge. RSVP Here: <https://forms.gle/YoiEPoS68ucTWPF47>



October - PT Month

Lead: Ricardo Amaya

Let's celebrate PT Month together at a local Restaurant/ Bar (Details for Date and Location coming soon!)



COMMUNITY ENGAGEMENT



PARKINSON'S
ASSOCIATION OF SAN DIEGO

"Helping You Live Your Best Life"

Volunteer for the Parkinson's Walk - April 11

When: Saturday April 11th. 7:00am-11:30am at [Liberty Station](#)

Deadline: Sign up by April 1st with this [Google Form](#)

Lead: Karen George-Moshiri

Come Volunteer as a group for this incredible walk. We will get final instructions before the walk by the volunteer organizer.



Families for Safe Streets Panel Discussion

When: September 10, 2026 | 6-8 PM

Lead: Rosalia Arellano

Location: TBD - please let us know if you have or know a space

A powerful conversation on how providers can support survivors and their families and how to make change in your community for safer mobility options. FFSS Mission (excerpt) "We envision communities where people who walk, roll, bike and drive can safely co-exist and children and adults can travel freely without risk of harm - where no traffic death is acceptable."

We are working on the Collaborations Below. Stay Tuned!

→ Waves for All - Volunteer Opportunity



Lead: Marianne Hanover

Help individuals with disabilities experience the joy of surfing and sailing.

→ Bike the Bay (August 23)



→ Rock and Roll Marathon & Half (May 30-31)

Lead: Ricardo Amya

→ Summer Beach Cleanup

In partnership with [I Love a Clean San Diego](#).



→ Monarch High School

Volunteer to support local students and families. Check out their segment on the [Kelly Clarkson Show](#)!

→ Reality Changers



Support educational opportunity in our community. Check out their next event

[The Ripple Effect Silver Soiree 25 year Anniversary](#)

WE NEED YOU!

Whether you're looking to network, mentor, volunteer, or simply reconnect with colleagues, there is a place for you here. Our district thrives when members show up – and every event is more meaningful when we come together.



We also welcome members who would like to help plan events, lead an activity, or support outreach efforts. If you've been thinking about getting more involved, this is your sign! Email me



Let's make 2026 a year of connection, service, and shared purpose. We hope to see you at an upcoming event – and we encourage you to sign up, bring a colleague, and be part of the energy that makes San Diego District so special.



With Appreciation,
Rosalia Arellano, Chair



Membership & Community Outreach Committee
Arellano.pt@gmail.com

SAN DIEGO CPTA 2026 LEADERSHIP TEAM

Chair

Kelly Prescher, PT, DPT

Vice Chair

Alison Harper, PT, DPT

Treasurer/Secretary

Dana Truong Brayton, PT, DPT

Chief Representative

Travis Dennis, PT, DPT, NCS

Appointed DEC Member

Cornelia Lieb-Lundell, PT, DPT

District Elected Delegate

Rosalia Arellano, PT, DPT

Nominating Committee Chair

Amanda Allen Parrish, PT, DPT, PhD, OCS,
FAAOMPT

Nominating Committee Members

Felicity Rice, PT, DPT and
Karen George-Moshiri, PT, DPT, GCS

DMSL Chair

Jocelin Friedman, PT, DPT, RPSF-NDT

DMSL Committee Member

Norman Belleza, PT, DPT, PhD

Outreach Committee Chair

Rosalia Arellano, PT, DPT

Outreach Committee Members

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

Social Media Chair

Karen George-Moshiri, PT, DPT, GCS

Advocacy Council Chair

Gail Bachman, PT, DPT

Advocacy Council Members

Karen George-Moshiri, PT, DPT, GCS,
and Sean Witkin, PT, DPT, CSCS

Newsletter Chair

Brigitte Fuller, SPT

Webmaster

Steven Ung, PT, DPT

Education Committee Co-Chair and CPTA Education Council Reps

Karen Leyva, PT, DPT, OCS Emeritus, CSCS, Roxy Mueller, PT, DPT, PRPC,
Todd Dickman, PT, DPT and Jacque Moore, PT, MPT, ATC, DSc, PhD

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

→ Sign up by April 1st: Fighting Parkinson's Step-by-Step Walk



San Diego District CPTA

VOLUNTEER AT THE FIGHTING PARKINSON'S STEP-BY-STEP WALK



**Saturday April 11th
7:00am-11:30am
Liberty Station**

Sign up here
by April 1st:



Get outside, have fun, and make a difference—join the San Diego District in supporting the Parkinson's Association of San Diego!

→ Dates TBD: Upcoming education events on vestibular rehab and a clinical update on biophysical agents

Any comments, questions, future content ideas, or advertisements for the newsletter can be sent to the Newsletter Chair, Brigitte Fuller: brigitte.mitchell@gmail.com

CPTA
CALIFORNIA
Physical Therapy Association
San Diego District