

San Diego CPTA InTouch!



SAN DIEGO DISTRICT WINE MIXER

By: Dr. Kayla Smith PT, DSc

Cheers San Diego District!

Earlier this year, the SDD embraced the end of quarantining and had so much fun FINALLY socializing again! It sure seems like a loooooong time ... too long since we met up to just meet and greet! The Sunshine Mountain Winery No. County Social Mixer did not disappoint! PT, SPT, PTA members and prospective members gathered to celebrate the ability to gather and exchange viewpoints, express concerns and interests in our profession, raffle for great gifts, and share some yummy grub and 😊. Good news for those who didn't get to join in the fun... there will be another CPTA Social Event coming soon... this one will be in South San Diego at [Stone Brewery in Liberty Station \(Point Loma\)](#), on [March 17th 2023, 4-7 pm](#). Hope to see you all here! 😊



CSM 2023 EXPERIENCE

By: Sarah Grimm, SPT

Over the weekend of February 23-25th, I had the opportunity to attend CSM in San Diego. When registering, there was an overwhelming feeling about what lecture should I attend and how are there so many lectures at the same time. When arriving at the Convention Center, the feeling remained the same. There was constant discussion of what lectures we would attend, what sounded the most interesting, and how can we attend more than one at the same time.



On the first day of CSM, I was able to attend a lecture from one of my professors, Dr. Moore, about prosthetics and gait abnormalities. It also included multiple trips to the exhibit hall to try and see as many booths as possible, and of course trying to win all of the free incentives. While visiting the hall, I was also able to learn about the different avenues of PT and the multitude of companies.

One of my favorite lectures was Women in Sports. Having a goal of working in the sports realm of physical therapy, it was nice to hear about the progress that is being made with women working in sports. While sitting with friends during the talk, we made a goal, that in 5 years, we want to be the ones up there talking one day.



You also never know whom you will run into while you are at the conference. During the three days, there were old coworkers and current instructors that I was able to catch up with and say hello to.

MEET YOUR SD DISTRICT LEADERSHIP

By Sarah Grimm, SPT Q&A with Dana Haddon, PT, DPT

Where are you from?

I have always been a Southern California Girl. I grew up in the foothills of La Crescenta, CA just outside of Los Angeles. After college, I moved down to San Diego for grad school and have stayed here since.



Where did you go to school?

For undergrad, I went to UCI with my Bachelors in Biological Science. For Physical Therapy school, I graduated from the University of St. Augustine in 2018.

What field of work do you currently work in?

I am currently working in acute care. I started working at Palomar Medical Center and recently moved to Scripps. She has recently made the switch to work part-time.

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

Since her time as a student, she has been involved with leadership, by joining the Student Physical Therapy Association while at the University of St. Augustine. While in school, she was a Student Representative at the CPTA Assembly of Representatives as well as a Student Delegate at the APTA House of Delegates. After graduation, she has been apart of the Program committee, Co-Chair/Chair of PT PAC committee, Vice Chair for the SD District. She is also apart of the CPTA Nominating Committee.



What inspired you to be involved with the San Diego District?

While in school, her mentor, Anna Edwards, helped her in while she was at school to search out opportunities and encouraged her to look at ways to make a difference at the state and national level. While at the House of Delegates, she had a unique experience and was able to see a change in the code of ethics.



What do you like to do for fun during your free time?

During her free time, she volunteers at REINS Therapeutic Riding Program, which is a nonprofit organization that works with those who have disabilities and help them with horseback riding lessons. She loves to spend time at home with her dogs. She also enjoys spending time rock climbing with her friends, taking yoga classes, and participating in group activities.



Is there anything else you would like to let SD District members know about you or about being a member of the SD District?

The San Diego District is a welcoming community that has something for everyone. If anyone is interested, they should reach out, as there is multiple levels of engagement and a spot for everyone. When you are apart of the community, there are always people in your corner. If you aren't a member, don't be afraid to reach out and find out more information. We also have sponsored events that you don't have to be a member to attend.

GOT VERTIGO?™

Check out the Bell Method®

Dr. Kim Bell, PT, DPT has created a unique comprehensive methodology for Root Cause analysis of dizziness, vertigo, imbalance, and unexplained repeated falls.

You keep treating the patient!

Dr. Bell is your expert consultant.



Are you a Physical Therapist or Physical Therapist Assistant who is feeling uncertain about how to approach a patient complaining of dizziness, vertigo, imbalance, or unexplained repeated falls?

Are you feeling discouraged because you are not getting the outcomes you and your patient were hoping for?

Or do you want a second opinion from an expert clinician to optimize the results for your most difficult or complex cases?

Dr. Bell is here for you and your patients!

Dr. Kim Bell, PT, DPT and her team are available to consult with your patients privately and discover the root cause(s) for your most difficult and complex patients with dizziness, vertigo, imbalance, and unexplained repeated falls.

Dr. Bell has treated or consulted on thousands of cases and trained hundreds of physical therapists in her unique approach to this population, **The Bell Method®**.

Dr. Bell is available as a Vestibular Expert, Fall Prevention Consultant, and Private Physical Therapist for your patients. Insurance is not accepted for this consultation.




Dr. Bell's initial Private Patient Consultation includes:


- Thorough history-taking with detailed form and phone call
- Comprehensive, detailed and unique hands-on examination for dizziness, vertigo, and imbalance, using **The Bell Method®** assessment strategies
- Hands-on treatment for Dizziness and Vertigo, using **The Bell Method®** treatment strategies
- Extensive patient education and self-care instruction
- Differential Diagnosis list for symptoms of Dizziness and Vertigo with recommendations
- Appropriate referrals to other specialists who may be needed to support the most complete recovery for your patient



Dr. Kim Bell, PT, DPT is a Doctor of Physical Therapy, a Vestibular Expert, and an internationally recognized leader in fall prevention for older adults. Dr. Bell has completed Advanced Vestibular Rehabilitation training, developed and instructed many continuing education courses, and has extensive clinical experience in consultation and treatment of

patients with dizziness, vertigo, imbalance, and unexplained repeated falls. Dr. Bell is in private practice in Encinitas, California. Due to her passion, enthusiasm, and unique approach, she has earned a reputation as a dynamic thought leader in healthcare. Dr. Bell's UCSD Stein Public Lectures on UC-TV have over 3 million views.

   Kim Bell, DPT

 kimbelldpt

Read Dr. Bell's blog or join her mailing list at BetterBalanceInLife.com

Refer Your Patient to BetterBalanceInLife.com or they can contact Dr. Bell at 760-652-9993 to request their consultation today.

Check out what other patients are saying about Dr. Bell

  Kim Bell, DPT



PT IN THE COMMUNITY

Submitted by Rosalia Arellano, PT

SDDCPTA Outreach Chair

CPTA Diversity Action Committee

CPTA Membership & Communications Committee

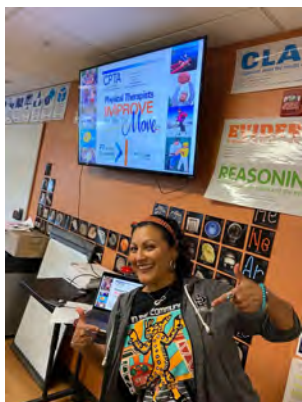
Last year, because CSM would be here in San Diego in 2023, and in an effort to collaborate with our SD District, I was asked to take on the role of Director of local affairs for a Non-Profit Organization called [PT in The Community](#). This organization aims to create volunteer opportunities and raise funds to make donations in the cities that are hosting CSM each year. Patrick Berner (Director) and I worked incredibly hard over the last 9 months to establish local relationships, develop trust, coordinate donations and service events. I want to thank and give a HUGE shout out to all of the volunteers who helped make this year's events possible!!!!

Together, we helped PT in the Community helped raise **\$2,200** dollars for each of the following organizations: [All About the Kids](#), [PT For ALL](#) and [Family Health Care Centers San Diego](#) and [The Challenge Center of La Mesa](#)

Volunteers from our district, our DPT and PTA programs along with CSM attendees from out of state had a BUSY CSM week with us starting with Grocery Package Assembly & Distribution for over 150 families on Wednesday for [All About the Kids](#) (look at me totally fangirling with Lisa Van Hoose and Mica Mitchell!!!!)



Thursday was a whirlwind. First volunteers helped to provide a School Presentation about Physical Therapy to high school students attending [Monarch School](#) and we dropped off approximately \$2,000 in exercise attire and equipment as well as supplies for their athletic program



Next, we headed to St. Johns Plaza in Lemon Grove for [Catholic Charities](#) To complete General Health Screens (BP, HR, and STEADI Balance Screens)



Both Wednesday and Thursday we organized the San Diego Blood Mobile to be parked near the convention center, and everyone who donated received one of our PTITC T-shirts with artwork provided by [local Barrio Logan Artist Mexikota Art, Hector Villegas](#).



Back at the Hilton Bayfront on Thursday, we assembled hygiene kits, clothing and food to provide over \$2,000 each in supplies for [Father Joe's/ San Diego YWCA](#)



And lastly, on Friday we traveled to [Catholic Charities](#) Guadalupe Plaza To complete General Health Screens (BP, HR, and STEADI Balance Screens) for residents there



I got to meet so many wonderful people and had so much fun!! Yes, I was EXHAUSTED but felt completely rewarded. The San Diego District Outreach Committee is committed to continuing the partner relationships established with PT in the Community at a minimum through the rest of 2023. So please be on the lookout for volunteer community service opportunities with Monarch School, Family Health Care Centers of San Diego, All About the Kids, Catholic Charities' St. John's and Guadalupe Plaza. Please [Subscribe to our SDCPTA Google Calendar!!!](#) We are also committed to continuing to spread the word about: [PT For ALL](#) and want to encourage our SD clinics to consider Partnering with PT FOR ALL to provide pro bono Physical Therapy services on a limited basis. PT FOR ALL is a 501(c)(3) nonprofit public charity dedicated to helping low-income individuals with financial difficulties get the physical therapy services they need. PTFORALL helps these medically under-served individuals by funding their physical therapy visits. [Sign Up to pledge to PT for All or Get More Information Here!!!](#)

Collaboration Between Orthopedic Manual PT and Vestibular PT For Managing Patients with Dizziness

Are you puzzled about how to manage a patient with dizziness?

Join us for a two-hour in-person lecture and case study discussion led by two physical therapists with more than twenty years of clinical experience in the field of physical therapy. You will learn about the collaborative approach they have developed over the years to facilitate breakthroughs for treating patients with dizziness.



Course Objectives:

1. Discover how to interview a patient with dizziness.
2. Name 3 key pieces of data to gather from patient's symptom reporting for differential dx of dizziness.
3. Understand signs and symptoms of a cervical component of dizziness.
4. Define BPPV and state the most common symptoms.
5. Learn to sequence and coordinate care plans including vestibular rehabilitation and orthopedic manual physical therapy for best outcomes.
6. Identify common risk factors for cervical versus vestibular dizziness.

**THURSDAY,
MARCH 23RD, 2023
6:30 - 9:00PM**

**7250 Mesa College Drive
S-building, S-211**

San Diego Mesa College

**\$20 APTA members
\$35 non-members**

FREE for PT/PTA students

Course Speakers:



Dr. Kim Bell, PT, DPT

Vertigo Expert

BetterBalanceinLife.com



Stephen Moxey, PT, MPT

FAAOMPT

Moxey.Health

2 CONTACT HOURS / 0.2 CEUS

(Pending CPTA approval)

Register for this course:

CPTA
CALIFORNIA
Physical Therapy Association
San Diego District



<https://sandiegocpta.com/course-registration>

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

March 14, 2023 -PT Legislative Day - Sacramento

March 17, 2023 - Social Mixer Central San Diego - Stone Brewery Liberty Station

March 23, 2023 - SDD District Meeting - Mesa College

April 14, 2023 - Social Mixer Central South Bay - Board and Brew Chula Vista

Any comments, questions, future content ideas, or advertisements for the newsletter can be sent to the Newsletter Chair, Sarah Grimm (s.grimm@usa.edu).

