

Patient Testimonials

“Kathy is a genius. She has been able to fix my hip when no one else could. She keeps trying things until she solves the problem. My knee and hip will be eternally grateful to her. If you want to be left alone on exercise machines go someplace else. If you want problem solving and personal help, come to Balance Plus Physical Therapy.”

-Charlotte, Retired Teacher

“The office is peaceful, quiet and clean. The treatment rooms are private.”

-Connie, Retired Teacher

“I’ve been to many physical therapists. Kathy is the only one who provides personal, hands-on care. She is a true professional with unique training and skills. I recommend her to everyone; family, friends and casual acquaintances!”

-Kit, Retired Executive Director

Our Location:



Kathy Grimsby, MPT



Education:

Masters degree in Physical Therapy
from:

Loma Linda University 1996

PT Certificate from:

University of Iowa 1979

Masters of Orthopedic Manual
Therapy from:

The Ola Grimsby Institute 1990

Certifications:

Manual Therapy by: The Nordic
Group of Specialist (Oslo, Norway)
Vestibular Rehabilitation by: Susan
Herdman, PhD, PT

**Medicare, Workers Compensation, and
several PPOs are accepted. Please call us
for details!**

Balance
PLUS
Physical Therapy



Kathy Grimsby, MPT

3794 Clairemont Drive
San Diego, CA 92117

Phone #: (858) 483-1600

Fax# (858) 483-1611

Email: balancepluspt@att.net

Do you feel off balance?
Are you afraid of falling?
Do you have vertigo?
Do you have knee, hip, back,
or neck pain?

We specialize in balance and orthopedic physical therapy. Our primary goal is to improve your ability to walk independently, safely, confidently and without pain. You will be given an individually designed home exercise program. We work hard to change the quality of life for you and your family.

Services I Provide:

- Balance and gait training for safe and independent walking
- Vestibular (inner ear) rehabilitation for treatment of dizziness and disequilibrium
- Orthopedic manual therapy:
 - Soft tissue mobilization (**massage**) and joint mobilization for the neck, back, shoulder, hip, knee and foot.
- Exercise to resolve: low back, neck, shoulder, leg, or foot pain, stiffness, weakness
- Home exercise programs
- Self-care training: getting up from a chair or bed and getting into a car

What To Expect:

- Improved balance, strength, & flexibility.
- Decreased pain
- Increased ability to enjoy life.
- Minimal dizziness or vertigo
- Decreased anxiety or fear as vertigo resolves.
- Increased self-confidence with improved balance
- Increased activity level and tolerance to exercise
- Understanding of the cause, prevention, and treatment of dizziness and falls
- Exercise equipment designed for patients