



ANN STEINFELD PHYSICAL THERAPY – FAST FACTS

Headquarters: Costa Mesa, Calif.

Year Established: 2001

Description: [Ann Steinfeld Physical Therapy](#) is a privately owned outpatient practice in Orange County, Calif. specializing in the evaluation and treatment of physical injuries and disabilities resulting from a wide range of conditions related to sports and athletics, surgical procedures, occupation, repetitive motion and accidents, as well as those specific to age and gender. Ann Steinfeld's highly skilled and trained, licensed physical therapists and industry professionals utilize a broad spectrum of the most advanced physical intervention and rehabilitation techniques to alleviate pain, restore mobility, improve balance and coordination, and increase muscular strength and endurance. Referred to by leading physicians throughout Los Angeles and Orange County, Ann Steinfeld provides a comprehensive team approach to ensure successful patient outcomes, while maintaining the highest quality of exceptional one-to-one care in an energetic, positive and ethical environment.

Areas of Expertise: Orthopedics
Sports Medicine
Geriatrics
Neurology

Services: Pain Management
Spine Rehabilitation
Advance Manual Therapy Techniques
Pre/Post Surgical Rehabilitation
Balance Therapy
Craniosacral Therapy
Geriatric Rehabilitation
Pilates Reformer
Instrument-assisted Soft Tissue Mobilization
Massage Therapy

Founder and CEO: Ann Steinfeld, BS, PT, OCS

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Web Site: www.annsteinfeldpt.com



ANN STEINFELD PHYSICAL THERAPY — AN OVERVIEW

A Compassionate Approach to Alleviating Pain

Ann Steinfeld Physical Therapy was founded in 2001 by Ann Steinfeld, who began her esteemed 30-year career training with renowned orthopedic surgeons at Orthopaedic Hospital in Los Angeles. After more than a decade of experience directing clinics and working at some of the industry's leading physical therapy centers in Southern California, Ann launched her private practice in Costa Mesa to address the need for traditional and non-traditional (holistic) methods of care in her community. With a growing demand for her expertise and compassionate approach to alleviating pain—particularly in this post healthcare reform era where patient engagement has drastically declined—Ann continued to expand her practice, attracting top industry therapists and professionals who have contributed significantly to the clinic's impeccable reputation throughout Los Angeles and Orange County.

First Choice for Healing

Physical Therapy has long been misunderstood as a complimentary field to assist and extend the physician-patient continuum of injury-related care. The cutting-edge therapists at Ann Steinfeld Physical Therapy, however, are shifting the status quo by successfully demonstrating its wide-ranging benefits as a primary therapy choice for both patients who have experienced an injury and those seeking to improve balance, posture and muscle strength as part of their preventive care regime. According to the [Centers for Disease Control](#), each year millions of people 65 and older are treated in emergency rooms for falls, which in 2013 alone accounted for direct medical costs totaling \$34 billion, a figure expected to escalate as a large U.S. population continues to age. The American Physical Therapy Association (APTA) suggests that physical therapy can significantly improve balance and decrease the rate of falls and fall-related injuries, and can be highly instrumental in treating patients who suffer from a broad spectrum of conditions—from Alzheimer's to urinary incontinence. What's more, in a [seven-year study](#) conducted by lead researchers at the University of Pittsburg, physical therapy was proven to be as effective as and safer than surgery, particularly for easing symptoms of lumbar spinal stenosis, a condition that affects millions of Americans.

The CDC in its recently released [guidelines for prescribing opioids](#) also strongly recommends physical therapy as a first-line treatment for chronic pain. In response to the alarming rate of opioid abuse and overdoses, the CDC delivers a clear message that echoes what physical therapists have known for decades: there are better, safer ways to treat chronic pain than the use of opioids.

Improving the Quality of Life

Ann Steinfeld Physical Therapy has made great strides in the advancement of techniques that go beyond rehabilitating athletes and assisting those who have undergone surgery or sustained injuries from an accident. With the capacity to incorporate hands-on manual therapy methods with state-of-the-art equipment, as well as massage therapy, patients of all ages and walks of life not only experience remarkable results but also develop strategies to manage their own long-term health goals. Through individualized comprehensive plans executed by some of Orange County's top therapists who provide the highest caliber of care and focused attention to patient concerns, Ann Steinfeld expedites the healing process with cost-effective and drug-free alternatives to alleviate pain, and imparts long-lasting preventive solutions to ensure optimal health for the present and well into the future.



ANN STEINFELD PHYSICAL THERAPY — HEALING IN MOTION

Through physician referrals and direct access, Ann Steinfeld Physical Therapy provides traditional and non-traditional treatment methods designed to improve muscle strength, prevent injuries and alleviate pain associated with muscle spasms, limited mobility, sprains, osteoporosis, headaches, and other conditions:

- **Orthopedic Physical Therapy** - care for post-surgical patients, arthritis, tendinitis/tendinosus, fracture rehabilitation, muscle sprains and strains, neck and back pain, hip and knee problems, shoulder, elbow, and wrist conditions.
- **Manual Therapy** - hands-on treatment techniques, which include neural mobilization, joint mobilization, craniosacral therapy, strain/counter strain, myofascial release.
- **Geriatric Physical Therapy** - rehabilitation and prevention that addresses age-related conditions specific to ageing adults.
- **Sports Rehabilitation** - injury and surgery rehabilitation.
- **Pilates Reformer** – utilized to improve overall strength, flexibility, coordination, and balance.
- **Hand Therapy** – techniques to treat hand and wrist conditions.
- **Women's Health** – specialized and gender-specific treatment methods.
- **Industrial Rehabilitation** - on-the-job injury or repetitive-motion rehabilitation.
- **Pediatric Physical Therapy** - specializing in the rehabilitation of injuries and conditions related to children, including developmental disorders, neurological disorders, and/or orthopedic problems.
- **Neurological, Spinal Cord Injury, and Traumatic Brain Injury Rehab** - functional retraining, including walking, wheelchair use, getting in and out of bed or chairs (transfer training), moving in bed (bed mobility), and retraining patients to use their shoulders, arms, and hands.
- **Balance, Dizziness, and Vertigo Rehabilitation** - rehabilitation of patients with vertigo.
- **Osteoporosis Rehabilitation and Prevention** - weight-bearing and resistance-training program for osteoporosis patients.
- **Massage Therapy** - utilized to complement the physical therapy process during and after the completion of rehab.



A CASE FOR ANN STEINFELD — CLIENT SUCCESS STORIES

We have been patients at Ann Steinfeld Physical Therapy since 2005. Our treatment covered several different conditions including injuries, total knee replacements, and scoliosis. Thanks to Ann and her well-trained staff, the outcome in all cases was extremely positive. Their advice on how to care for ourselves at home was a big plus. Ann's vast knowledge and professionalism make her a true credit to her field. We highly recommend her facility to anyone needing physical rehabilitation.

Dan & Marianne N.

As a registered nurse and a patient, I have had many associations and experiences with physical therapists over the last 50 years. I recently completed physical therapy with Edan Devora. I had a wonderful experience—a positive, nurturing environment. Very knowledgeable, professional and one-on-one individual attention. If you want the BEST of the BEST, go to Ann Steinfeld Physical Therapy. 5 Stars!!!!

Carolyn B.

Ann Steinfeld Physical Therapy is the place to go, especially if you have had back surgery and neck pain. The staff is professional and helped me a lot. The rooms were very clean and I felt comfortable learning the exercises and the staff encouraged me to keep up with all the exercises after my visits.

Don Erickson

The full recovery from a total knee replacement is a team experience between the surgeon, physical therapist and the patient. At Ann Steinfeld Physical Therapy, their professional, experienced and trained staff is prepared to not only meet the surgical recovery goals but also the healing discovery opportunities encountered during therapy. With both knees replaced, my discovery opportunity was the correction of poor walking habits. In addition to muscle strengthening, Ann's team added proper gait training. Years of pain-ridden walking are being corrected through re-loading of body weight off arthritic joints to previously underutilized muscles. I recommend Ann Steinfeld Physical Therapy for those who not only want to recover from total knee replacement, but also desire to regain natural and correct mobility and the restoration of lost and enjoyed activities.

Alan Means

Quality Engineering Senior Manager

I just want to say thanks to the entire staff at Ann Steinfeld Physical Therapy for making a big difference in my life. Ten years ago I had an auto accident, severely injuring my back. I went to many doctors, and even pain management before finally being referred to Ann Steinfeld. I am very active athletically, so with an injured back I am susceptible to flare ups. Ann and her staff are always able to correct my back and SI (sacro-iliac) joint issues. I recently had major surgery to correct the years of cumulative damage from the accident as well as being active with a damaged back. Again Ann and her staff have me on my way back to the gym and cycling along the Huntington Beach bike path. They are always up on the leading edge physical therapy procedures and also think out of the box based on feedback as to my progress. I have never seen a more proactive therapy group. Again, thank you for giving me back my active life!

Matt McGrath



ANN STEINFELD PHYSICAL THERAPY — LEADERSHIP



Ann M. Steinfeld, BS, PT, OCS

Ann Steinfeld is founder and CEO of Ann Steinfeld Physical Therapy of Costa Mesa, California. A 30-year industry veteran specializing in orthopedics, sports medicine, geriatrics and neurology, Ann is responsible for day-to-day operations and exceptional patient care for which the clinic is renowned throughout Los Angeles and Orange County. In addition to treating patients, Ann plays a vital role as mentor to her team of highly skilled and trained licensed physical therapists and professionals who utilize a broad spectrum of the most advanced physical intervention and rehabilitation techniques to alleviate pain, restore mobility, improve balance and coordination, and increase muscular strength and endurance.

With an esteemed career that began at Orthopaedic Hospital in Los Angeles, Ann trained with and learned from world-class physicians before gaining more than a decade of invaluable experience directing clinics and working at some of the leading physical therapy centers in Southern California. In 2001, Ann responded to the growing needs for quality care within her own community and launched Ann Steinfeld Physical Therapy, a private practice that has successfully treated more 3000 patients to date, while averaging nearly 500 new cases each year.

A graduate of California State, Long Beach, Ann is as passionate about healing people as she is about building strong communities. Since 2010 she has served as Assembly Representative for the California Private Practice Group, a division of the California Physical Therapy Association. Ann is also a member of the Private Practice Section of the American Physical Therapy Association, board certified in orthopedics since 1999 and an active volunteer with Child Help, a national charity advocating for abused and neglected children.



Dr. Edan Devora, PT, DPT, OCS, CSCS

Edan Devora is lead therapist at Ann Steinfeld Physical Therapy. A clinical specialist in orthopedics board certified by the American Board of Physical Therapy Specialties, Edan earned his doctorate in physical therapy in 2010 from the University of Southern California and in 2012 received certification in strength and conditioning from the National Strength and Conditioning Association. His lengthy athletic background and competitive personality contributes to his passion for working with a broad spectrum of patients from various backgrounds and ages, with a wide range of diagnoses. In addition to providing therapeutic exercises to improve his patients' mobility, stability, and overall health, Edan uses a combination of approaches, from neuromuscular re-education to instrument-assisted soft-tissue mobilization.



Dr. Stephanie Clements, PT, DPT. RYT

Stephanie Clements earned her doctorate in physical therapy from Chapman University in 2015 and is a licensed physical therapist specializing in orthopedics. A California native, Stephanie grew up with broad exposure to various recreational sports, including cross country, track, swimming, water polo, gymnastics, and soccer, all of which inspired a desire to know more about how the body moves and how to prevent and heal injuries. She has gained extensive experience working in hospitals, where she helped improve patients' mobility to ease their transitions home, as well as acute rehabilitation facilities where she helped patients learn to move and walk again after neurological injury. Her passion lies in orthopedics, specifically wellness, general health, and injury prevention. An avid yoga enthusiast since 2006, Stephanie recently completed Yoga Teacher Training and incorporates many of the concepts she learned into her physical therapy practice.



Rafael Lopez

Rafael is a certified oncology massage therapist who found his first massage school while competing at a triathlon in Cerritos, Calif. some 23 years ago. Since then, he has gained invaluable experience and knowledge that allows him to customize the best therapeutic massage for one's individual needs. Through careful evaluation and communication, Rafael develops customized massage plans—integrating Swedish, deep-tissue, strain/counterstrain, reflexology, and trigger-point methods—to help relax and restore his patients' health while effectively easing muscle tension, increasing flexibility and activating circulation.

Rafael graduated from the University of Southern California with a degree in exercise science and has taught massage students at the American Institute of Massage Therapy (AIMT) in Santa Ana, Calif. and Hands Toward Heaven in Honolulu, Hawaii, where he taught Lomi Lomi massage techniques. Rafael is also qualified to work with cancer patients and survivors and has served as a volunteer assistant with Greet the Day, which teaches the oncology massage program.

HEADQUARTERS AND CONTACT INFORMATION

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Hours

Monday and Wednesday: 8 a.m. - 7 p.m.
Tuesday and Thursday: 8 a.m. - 2 p.m.
Friday: 8 a.m. - 6 p.m.

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