



PHYSICAL THERAPY AND SPORTS MEDICINE CENTER  
9340 Fuerte Drive, Suite 303A, La Mesa, CA 91941  
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Welcome to Physical Therapy and Sports Medicine Center. We are very happy that you have chosen us to provide your physical therapy care. If at any time you have questions or comments about our services, please feel free to mention these to any of our staff members.

Our goal is to provide you with the most comprehensive state-of-the-art care. Our physical therapist, Beth Jacobson, has decades of experience and takes many continuing education courses to update and advance her skills. The following is her current schedule to assist you when setting up your appointments.

Monday from 9:00 AM to 5:00 PM  
Wednesday from 9:00 AM to 4:00 PM

Appointments can be scheduled with the therapist before or after your appointment, through our online scheduler from our website - [ptandsmc.com](http://ptandsmc.com) or through our answering service at 619-589-0850.

If you are happy with our work, would you please share your experience with others who are not familiar with us? We do not advertise, so the only way people know we are here is through word of mouth. That's okay with us, because some of our best patients have been referred by former patients.

We hope your time with us will be healing, informative and maybe, just a little fun!