

EXPERIENCE COMPASSIONATE AND PERSONALIZED CARE at Ann Steinfeld Physical Therapy

BY WILLIAM CHEN

Ann Steinfeld Physical Therapy has been a beacon of health and healing in the Mesa Verde community for over two decades. Through her namesake practice, Ann Steinfeld has dedicated herself to not only alleviating physical ailments but also empowering her patients to take control of their own health. Ann's commitment to exceptional personalized care, coupled with an experienced staff of therapists, has made Ann Steinfeld Physical Therapy a top-rated practice in treating orthopedic, neurological, sports medicine, and balance issues.

continuity of care with the same DPT (Doctor of Physical Therapy) who will spend more time with the patient, performing manual therapy and solving problems effectively."

Ann is proud of her carefully curated team of clinicians who utilize both traditional and nontraditional (holistic) methods of care, incorporating hands-on manual therapy with state-of-the-art equipment. She enjoys mentoring her staff to provide exceptional service and to foster a positive environment that promotes healing. Ann shared, "My biggest inspiration is watching our patients heal and learn how to care for and maintain their bodies."

Ann Steinfeld Physical Therapy is also committed to patient-centric customer service and offers same or next-day evaluation appointments. Their Cash Program options give HMO patients direct access to superior treatment without the need for a physician's referral.



Ann started her practice in 2001 with a mission to enhance the overall health, fitness, and quality of life of her patients. Recognizing a general decline in patient engagement among healthcare professionals, Ann sought to provide one-on-one, comprehensive, and compassionate physical therapy treatment programs tailored to each individual patient's needs. "It's important for each patient to feel that their clinician truly knows them, understanding their abilities and limitations," said Ann. "Our practice is unique because we offer

Ann wholeheartedly believes in giving back to the community. Throughout its 23 years, the practice has been active in supporting the community and athletic programs at our local high schools, as well as Costa Mesa United and Saint Simon and Jude Church and School. Ann is also a member of Childhelp, the largest non-profit charity in the nation supporting the prevention of child abuse. They run a "Speak Up Be Safe" program for school districts nationwide and maintain several group homes in Costa Mesa. Childhelp offers a nationwide child abuse hotline 24/7 – call or text 800.422.4453.

For Ann and her team, one of the most rewarding parts of their practice are the connections made over the years. They often encounter friends and rekindle lost acquaintances in the clinic, making the practice a true hub of the community. "When I think about how many people we have helped in our clinic, it brings my heart joy," said Ann. She looks forward to helping more of her Mesa Verde neighbors live their best life.

Come visit Ann Steinfeld Physical Therapy and see why her clinic is our community's #1 choice for the past 23 years!

If you need help treating an injury, managing pain, or restoring physical function, call Ann Steinfeld Physical Therapy at 714-556-1600 for an evaluation. They are located at 1700 Adams Ave, Suite 201, on the corner of Adams Ave and Mesa Verde Drive East.



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