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Expert Care for Dizziness, Vertigo, Balance Problems, and Falls

by Coast News advertiser 🕒 January 27, 2021 👁 476



The Face Of Vertigo Care

Kim Bell, DPT | Kim Bell Physical Therapy

760.652.9993

BetterBalanceInLife.com

At Kim Bell Physical Therapy, we specialize in providing answers and relief to San Diegans suffering from these symptoms— with expert care, house-calls, and online resources. My official title is Dr. Kim Bell, DPT but when my patients recommend us, they say, “Go see Kim Bell Physical Therapy!” I love having that personal connection with patients.

Who is Kim Bell?

My mission is to rescue misunderstood and mismanaged people facing dizziness, vertigo, balance problems, and unexplained repeated falls. The more patients I can empower with the knowledge, skills, and confidence to feel better, the happier I am.

From beautiful Leucadia (where I live with my family), I also teach, write, and advocate on their behalf to increase public awareness. That includes writing and playing music that generates hope and healing—in my free time, I play guitar and percussion, sing, and compose songs. In fact, I’m recording my first original music album!

As a person who suffered intermittent dizziness and vertigo for more than 30 years, I empathize with your frustration over the limited care options available. In 2014, after 8 years specializing in dizziness and vertigo, and 12 years in physical therapy, I launched a



private practice dedicated to healing patients who experienced these symptoms.



I'm happy to say I've successfully resolved thousands of patient cases since I began ...

The Bell Method™

Dizziness, vertigo, balance problems, and falls can be scary. Relief begins with identifying and treating the root causes. To achieve that, I developed a unique and comprehensive assessment and treatment method.

The Bell Method™ determines which body systems and environmental factors might be contributing to your discomfort by combining evidence-based, multi-system assessment and treatment with “outside-the-box” innovative concepts.

Get Help from Kim Bell Physical Therapy

We begin with a free screening call to determine whether our services are right for you. Same-day or next-day appointments may be available— without referrals.

During our first in-person assessment we'll consider physical and environmental factors that might be root causes of your symptoms. We may provide treatment, suggest follow-up visits, offer self-care education, or refer you to other specialists.

Our patients always receive care in the privacy and comfort of their homes and enjoy ongoing phone, text, and email support directly from their provider.



We're even available for visits after 5:00 p.m. and weekends to ensure you get the care you deserve.



For patients who suffer from leaky bladder or numbness in their feet, both of which can lead to dizziness and falls, we offer convenient, effective, and fully online self-care courses.

Schedule Your Free Consultation Today

As a pioneer in this field, I've taught in DPT programs, presented at the Virtual Vestibular Conference, spoken on fall prevention for the UCSD Retirement Association, and delivered over one hundred university and free public lectures.

I'm also Clinical Leader of San Diego's Fall Prevention Task Force, and was proclaimed a Live Well San Diego Recognized Partner by San Diego County Health and Human Services in 2020.

While we can't guarantee results, we guarantee we'll work tirelessly to provide world class care, education, and referrals to address the root causes of your discomfort.

We're a specialized practice working outside the insurance model (paid directly by patients at the time of service, with total price transparency) so our visits are not cut short or restricted. Call today at **(760) 652-9993**, or visit **Kim Bell Physical Therapy at [BetterBalanceInLife.com](https://www.betterbalanceinlife.com)**, to schedule your free screening call with Dr. Bell. Free call is subject to limits and restrictions.

