



# PHYSICAL THERAPY AND WELLNESS

Serving the community since 1992

## LIST OF INSURANCES

02.01.2021

### Primary Insurances & Services



- Kern Family Health Care  
(All services plus Aquatic Therapy)



- County of Kern POS Plan/CLINIX  
Kern Legacy/Healthedge  
Gemcare Commercial  
Gemcare Delano Medical Group



- \* Dignity IMG HMO
- \* All PPO plans



- Triwest VA
- Tri care for Life
- Tri Care West Region



- Medicare
- Medicare Advantage
- AARP Medicare Complete
- United Healthcare Medicare Solutions



- Blue Cross/Shield of California
- Cover California BX/BS
- Blue Cross ASH/SISC



\* CEDAR PLAN/ALL OTHER PLANS

### Workers' Compensation Insurances

- We accept **all** workers' compensation referrals. Liens are accepted only if the primary treating physician is on the MPN of the insurance carrier denying or delaying the claim. We do work hardening and functional capacity evaluations.



### ALL MAJOR AUTO AND PERSONAL INJURY INS



### MAIN CONTRACTED INSURANCE NETWORKS



### INSURANCES AND MEDICAL GROUPS WE CURRENTLY ARE NOT CONTRACTED WITH

- KAISER PERMANENTE
- BAKERSFIELD FAMILY MEDICAL CENTER
- QUALMCARE

## Jacobo Physical Therapy Services

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- **Pre and Post Surgery Rehab Program:**

Rotator cuff repairs, ACL reconstructions, total joint replacements, carpal tunnel release, tennis elbow release, spinal laminectomy or fusion, Achilles tendon repairs.

- **Neurology Rehab Program:**

Parkinson, Alzheimer's disease, depression, strokes, vestibular balance, Cerebral palsy, Bells palsy, headaches, peripheral neuropathy, quadriplegic, paraplegic, carpal tunnel, ALS, MS, Guillain Barre syndrome, thoracic outlet syndrome.

- **Aquatic Therapy:**

Orthopedic dysfunctions, work related injuries, pre-op and post-op rehab, back injury rehab, scoliosis, chronic pain, arthritis and fibromyalgia, diabetes, athletic injuries, weight loss, cardiovascular and fitness training, obesity.

- **Arthritis Rehabilitation Program:**

Hand therapy program, Osteoarthritis rehab, therapeutic exercises, aquatic therapy, pain relief and restore abilities that may have been lost.

- **Lumbar and Cervical Spine Rehabilitation Programs:**

McKenzie method is a comprehensive approach to the spine, focusing on "active exercises". Myofascial release is a whole body, hands on approach to treatment that produces a profound healing effect on the body's tissue, eliminating pain and restoring motion. Anodyne therapy emits invisible infrared light that increases circulation in the back thus stimulating healing and relieving pain. The back project utilizes the ATM2 machine which is the most progressive equipment for chronic back pain. The ATM allows patients to rehab primarily by neuromuscular training when reaching a pain free position. Aquatic Therapy is another approach to back pain. The resistance of the waters' viscosity allows for muscle strengthening without the needs of weights.

- **Diabetes Control Programs:**

Nutritional education, therapeutic exercises, cardiovascular training, aquatic therapy, supplement education, meal plans.

- **Workers' Compensation and Industrial Rehab:**

Functional capacity evaluations, work conditioning, ergonomics, aquatic therapy, and therapeutic rehab.

- **Fibromyalgia Syndrome (FMS):**

Pain management, sleep management, massage therapy, myofascial release therapy, aquatic therapy.

- **Obesity Program:**

Body Mass Index tests, behavioral modification, physical activity strength and conditioning, pain management treatment, nutritional and supplement education.

- **Other services:** Headache treatments, carpal tunnel syndrome, pediatrics, sports rehab. Shoulder bursitis and tendinitis, de Quervain's disease, tendon injuries, spina bifida.



## Jacobo Physical Therapy Main Contacts

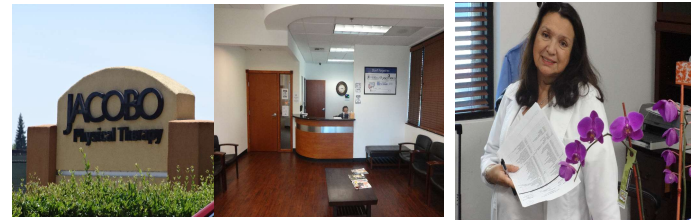
### Locations:

**Downtown:** 1820 Chester Ave. Bakersfield, CA 93301 P: (661) 631-8793 FAX: 661-631-9257

**Rosedale:** 3850 Riverlakes Dr. Suite A, Bakersfield, CA 93312 P:(661) 529-2303 FAX: 661-631-9257

**Delano:** 929 Jefferson St. Suite B, C Delano, CA 93215 P: (661) 558-1100 FAX: 661-631-9257

**Referral FAX:** Please fax all referrals to **661-631-9257** or email your referral to [Referrals@jacobo.com](mailto:Referrals@jacobo.com)



**Main contact number:** **661-631-8793** ext. 3

### Head Therapist and Owner:

[GJACOBO@JACOBOPT.COM](mailto:GJACOBO@JACOBOPT.COM) (Gracie Jacobo)

### Office Manager

[Dpopulin@jacobo.com](mailto:Dpopulin@jacobo.com) (Darius Populin)  
661-558-1099

### Referral Specialist: Main contact for all referrals & scheduling

[Adavis@jacobo.com](mailto:Adavis@jacobo.com) (Amanda)  
661-631-8793 X 2

### Authorizations: Main contact for insurance verification/auth.

[DPOPULIN@JACOBOPT.COM](mailto:DPOPULIN@JACOBOPT.COM) (Darius)  
661-558-1099

### Scheduling: Main contact for patient scheduling

### Downtown:

[Vespinoza@jacobo.com](mailto:Vespinoza@jacobo.com) (Virginia)  
661-631-8793 x 2

### Rosedale/Delano: [Scruz@jacobo.com](mailto:Scruz@jacobo.com) (Sayda)

661-558-1100 x 2

### Medical Reports and Records: Contact for medical reports

[Jcarias@jacobo.com](mailto:Jcarias@jacobo.com) (Joanna)  
661-631-8793 x 4

### Marketing Representatives:

Ted Rodriguez

661-428-4440

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