The physical, occupational and speech therapists at Penn Therapy & Fitness Rittenhouse are ready to help you regain function, mobility and relief through outpatient physical therapy. Located on the Penn Medicine Rittenhouse campus, Penn Therapy & Fitness Rittenhouse offers access to physical, occupational and speech therapy in one convenient location.

Address:
Penn Therapy & Fitness Rittenhouse
1800 Lombard Street, First Floor
Philadelphia, PA 19146
Phone
215-893-2500
Together with your doctor, you and your therapist will work together to create a treatment plan customized to your rehabilitation goals, including an exercise and therapy program, education about self-care and injury prevention knowledge.
Rittenhouse Info

Hours of operation:

**Hours By Appointment Monday Through Friday.**

[Download New Patient Welcome Packet]

Cancer
Cancer-Related Fatigue
Musculoskeletal
Amputation
Foot and Ankle
Gait and Balance
Hip and Knee
Joint Replacement
Shoulder
Spine (Neck and Back)
Sports Performance
Neurosciences
Brain Injury
Concussion
Low Vision
Movement/ Neurodegenerative Disorders
Spinal Cord Injury
Stroke
Vestibular/Balance
Speech and Swallowing
Speech-Language Impairments
Stuttering/Dysfluency
Swallowing Disorders
Vocal Dysfunction or Paralysis

**We'll develop a plan that's right for you that includes:**

- Activity modification education
• Education to help manage condition
• Post-operative rehabilitation
• Range of motion exercises to regain flexibility
• Strengthening and stretching exercises
• Symptom management education
• Therapeutic pain management

Clinical Certifications & Specialties

• Academy of Certified Brain Injury Specialists (ACBIS)
• Assistive Technology Professional Specialists (ATP)
• Certified Sports Clinical Specialists (SCS)
• Therapists certified in VitalStim® therapy for treatment of dysphagia
• LSVT® BIG and LSVT® LOUD certified therapists
• McKenzie certified therapists for the treatment of back, neck and extremity problems
• Multiple Sclerosis Certified Specialists (MSCS)
• Therapists certified in the care of high performance sports

Safety Precautions

All Penn Therapy & Fitness locations are now open. We are taking every precaution to protect your health by providing a safe care environment; the following protocols are now in place:

• All patients and employees are screened prior to arrival.
• All patients and employees are thermal scanned at the door.
• Patients wear masks.
• Providers wear masks, face shields and gloves.
• Strict handwashing/sanitizing is enforced
• Patient arrivals are staggered and changes to the physical layout within our facilities have been made to promote physical distancing
• Deep cleaning procedures have been enhanced