**Weightman Hall**

The physical therapists at Penn Therapy & Fitness Weightman Hall are ready to help you regain function, mobility and relief through outpatient physical therapy. Located at the [Penn Sports Medicine Center](#), within the Franklin Field Complex of the University of Pennsylvania, Penn Therapy & Fitness Weightman Hall therapists provide specialized rehabilitation for orthopedic and sports-related conditions.

Address:
Penn Therapy & Fitness Weightman Hall
235 South 33rd Street,
Philadelphia, PA 19104

Phone
[215-615-4402](#)

Fax
[215-615-4404](#)

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.
Weightman Hall Info

Hours of operation:

**Hours By Appointment Monday Through Friday.**

[Download New Patient Welcome Packet]

Musculoskeletal
Foot and Ankle
Hip and Knee
Joint Replacement
Shoulder
Spine (Neck and Back)
Sports Performance

**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

- Certified Athletic Trainers (ATC)
- Certified Strength and Conditioning Specialists (CSCS)
- Certified Orthopedic Clinical Specialists (OCS)
- Certified Sports Clinical Specialists (SCS)
- McKenzie certified therapists for the treatment of back, neck and extremity problems
- 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