

[Good Shepherd Penn Partners: Telehealth](#) [Physical Therapy Alleviates Patient's Unbearable](#) [Back Pain](#)



For more than two years, Liz experienced lower back pain. In that time, the 59-year-old Media, Pennsylvania resident went to physical therapy periodically at [Penn Therapy & Fitness Radnor](#). After experiencing a new pain that wouldn't go away, Liz saw her doctor at Penn Medicine. Liz learned she had Degenerate Disk Disease and would need another round of physical therapy to alleviate the unbearable pain.

In early spring, Liz began her sessions again at Radnor. Unfortunately, COVID-19 caused many Penn Therapy & Fitness outpatient sites to limit in-person sessions. Liz was given the option of [telehealth](#), and she agreed to try it without hesitation.

"I was so happy to hear about this virtual option since I was in such bad pain and needed to do something to relieve it," says Liz.

Liz began her virtual therapy with [Brian Cammarota, ATC, PT, DPT, CSCS](#), in her living room using her iPad and finding different items around her home to aid her

exercises, such as the use of furniture to help with balance or for resistance.

“Because I was familiar with therapy and Brian is super committed to my care, whether in-person or virtual, it was so easy to do these telehealth sessions,” says Liz.

Liz continues to make progress with her back pain and is still doing once-a-week therapy sessions with Brian. She loves that she has an alternative to taking medication that also keeps her active at home.

Telehealth visits are available at Good Shepherd Penn Partners for physical therapy, occupational therapy and speech therapy. Request your [virtual or in-person appointment online](#) or call, 877.969.7352. Once a telehealth appointment is set, Good Shepherd Penn Partners will provide you with videoconferencing login information.