

## Good Shepherd Penn Partners: Telehealth helps patient improve from hip tear



Allison of Bryn Mawr had hip issues her entire life. It was something the 50-year-old dealt with until the pain grew to the point that she couldn't ignore it any longer. Turns out, Allison had a torn labrum in her right hip. After discussing surgical options, her physician ultimately suggested she give physical therapy another chance rather than surgery.

Allison has been a patient at [Penn Therapy & Fitness Radnor](#) a few times over the years, so she made an appointment for that familiar location. Due to COVID-19 stay at home orders, Allison opted for a telehealth option.

Allison was pleasantly surprised once she began the virtual sessions. She didn't know what to expect. She was a little skeptical of the whole process since she wasn't sure how the therapist would know she was having a good session or making progress.

"But virtual physical therapy is equally as good as in person visits," says Allison.

Having a telehealth option has greatly improved Allison's mental and physical health, particularly because she can connect to her therapist during the COVID-19 pandemic.

"The option of telehealth really makes you feel like it's one less thing to worry about during the chaos," says Allison.

Allison's hip issues continue to get better with every session. She looks forward to each session and loves that she is held accountable for keeping up with all her exercises — something that wouldn't have happened without telehealth, she says.

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**[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.**