The physical therapists at Penn Therapy & Fitness Jenkintown are ready to help you regain function, mobility and relief through outpatient physical therapy. Penn Therapy & Fitness Jenkintown provides outpatient physical therapy for those in need of sports or general orthopedic therapy—including patients requiring post-surgical rehabilitation, spine therapy or treatment of sports-related injuries.

Address:
Penn Therapy & Fitness Jenkintown
500 Old York Road, Suite 230
Jenkintown, PA 19046
Phone
215-886-0414
Fax
215-886-0270
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.

**Jenkintown Info**

Hours of operation:

**Hours by Appointment Monday Through Friday.**

[Download New Patient Welcome Packet](#)

Cancer
Cancer-Related Fatigue
Lymphedema
Musculoskeletal
Foot and Ankle
Gait and Balance
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**

- Lymphology Association of North America-certified and manual lymphatic
drainage-certified therapists

- 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