Lansdale

The physical therapists at Penn Therapy & Fitness Lansdale can help you regain function, mobility and pain relief through outpatient physical therapy. As part of your outpatient physical therapy experience, we will work together with you and your doctor to create a treatment plan customized to your rehabilitation goals with a program including exercise, therapy, education, and injury prevention.

Address:
Penn Therapy & Fitness Lansdale
1800 Pennbrook Parkway,
Lansdale, PA 19446
Phone
215-661-8660
Fax
215-661-8885
This site offers the clinical expertise of Kimberly Smith, PT, CHT, co-founder of North
Wales Hand Rehabilitation. With over twenty years of experience as a Certified Hand Therapist, Kimberly continues to treat patients in the Lansdale, North Wales, Montgomeryville, and Blue Bell areas at Penn Therapy & Fitness Lansdale. Penn Therapy & Fitness Lansdale offers general orthopaedic, sports performance and TMD therapies through Cheryl Cocca, PT, DPT, OCS. Specializing in orthopedic rehabilitation and TMD, Cheryl will provide individualized therapeutic care that is personalized for each patient’s needs.

**Lansdale Info**

Hours of operation:

**Hours By Appointment Monday Through Friday.**

**Download New Patient Welcome Packet**

Cancer
Cancer-Related Fatigue
Gynecologic Oncology
Musculoskeletal
Foot and Ankle
Hand, Wrist and Elbow
Hip and Knee
Joint Replacement
Shoulder
Spine (Neck and Back)
Sports Performance
Specialty
Pelvic Floor
TMD/Jaw Pain

**We'll develop a plan that’s right for you, including:**

- 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
• Therapeutic splinting/fabrication of custom made orthosis/splints

Clinical Certifications & Specialties

• Certified Hand Therapists (CHT)
• Certified Orthopedic Clinical Specialists (OCS)
• Certified McKenzie Clinician (Cert. MDT)
• Therapists certified in the care of pelvic floor disorders

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