The therapists at Penn Therapy & Fitness Media are ready to help you regain function, mobility and relief through outpatient physical therapy. Located conveniently in the Penn Medicine Media Internal Medicine building, Penn Therapy & Fitness Media offers access to a number of specialty care services at one convenient location.

Address:
Penn Therapy & Fitness Media
605 W. State Street, Suite 101
Media, PA 19063
Phone
610-565-1041
Fax
610-565-1672
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.

Media Info

Hours of operation:

Hours By Appointment Monday Through Friday.

Download New Patient Welcome Packet

Cancer
Cancer-Related Fatigue
Musculoskeletal
Foot and Ankle
Gait and Balance
Hip and Knee
Joint Replacement
Shoulder
Spine (Neck and Back)
Sports Performance
Neurosciences
Concussion
Vestibular/Balance
Specialty
TMD/Jaw Pain

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
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