Pennsylvania Hospital- Outpatient

The physical, occupational and speech therapists at Penn Therapy & Fitness Pennsylvania Hospital are ready to help you regain function, mobility and relief through outpatient physical therapy. Located on the campus of Pennsylvania Hospital, the Penn Therapy & Fitness Pennsylvania Hospital offers access to a number of specialty care services—all at one convenient location.

Penn Therapy & Fitness Pennsylvania Hospital is also home to our innovative Dan Aaron Parkinson’s Rehabilitation Center, providing Parkinson's patients, their families and care partners with specialized rehabilitation services. Highly skilled certified physical, occupational and speech therapists provide specialized neurorehabilitation for stroke care, neurologic or neurodegenerative conditions.

Our team is proud to collaborate with Penn Medicine's Parkinson Disease and Movement Disorders Clinic (PD&MDC), as well as the Comprehensive Outpatient Parkinsonism Clinic (COPE)- both of which provide multidisciplinary care to patients with Parkinson Disease and other parkinsonian syndromes. PD&MDC is recognized by the National Parkinson Foundation as one of 45 worldwide Centers of Excellence, and is one of the largest of its kind in the country.

Therapists also work with Penn Neuroscience to provide treatment to patients at the Huntington's Disease Center at Pennsylvania Hospital. It is designated as a Level 3 Center of Excellence Distinction from the Huntington's Disease Society of America (HDSA).
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.

Pennsylvania Hospital- Outpatient Info

Hours of operation:

Hours By Appointment Monday Through Friday.
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
• Allied Team Training for Parkinson graduates
• Certified Geriatric Clinical Specialists (GCS)
• Certified Parkinson’s Wellness Recovery ™ clinicians
• Certified Women's Health Clinical Specialists (WCS)
• LSVT® BIG and LSVT® LOUD certified therapists
• Lymphology Association of North America-certified and manual lymphatic drainage-certified therapists
• Therapists certified in the care of pelvic floor disorders
• Therapists certified in VitalStim® therapy for treatment of dysphagia

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