



Department of Physical Therapy and Rehabilitation Science

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PhysFit Health & Wellness Center

COVID -19 UPDATES: The PhysFit Health and Wellness Center is currently open for in-person visits, and will continue to offer virtual appointments! AllGroup Fitness programs^[1] are being held through virtual sessions at this time. For more information reach out via e-mail at wellness@ptrehab.ucsf.edu^[2].



Mission

The mission of the UCSF PhysFit Physical Therapy Health & Wellness Center is to translate state-of-the-art movement and exercise sciences into physical therapy practice, supporting optimal health, wellness and general fitness. The goal is to provide innovative affordable and accessible care in a modern fitness facility.

Services

The Center provides individual and group programs. One-on-one care is provided by licensed physical therapists and is available to clients of all ages. Our programs are run by UCSF physical therapists to improve strength, endurance, balance, flexibility, posture, mental acuity,

coordination and function.

We offer specialized care for:

Return to sport performance:

- Running, cycling, triathletes
- Golf, tennis, volleyball, basketball, baseball, soccer

Athletic performance at any age

Teen fitness

Posture at any age:

- Osteoporosis
- Core stabilization

Fall risk/ balance

Neurological concerns:

- Multiple sclerosis
 - Parkinson's Disease
 - Vestibular retraining
 - Post stroke/CVA
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Fees

The Center is a fee for service practice and does not contract with any insurance companies. Clients may request documentation to submit to their insurance companies independently for potential reimbursement.

Contact Us

For all inquires, please contact us at:

PhysFit Physical Therapy Health and Wellness Center
1675 Owens Street
Bakar Fitness Center, Mission Bay
San Francisco, CA 94158

Main line: (415) 514-4816

Fax: (415) 353-9554

Email: wellness@ptrehab.ucsf.edu ^[2]

Contact Us
Make A Gift

Source URL: <https://ptrehab.ucsf.edu/physfit-health-wellness-center>

Links

[1] <https://ptrehab.ucsf.edu/programs>

[2] <mailto:wellness@ptrehab.ucsf.edu>