



Department of Physical Therapy and Rehabilitation Science

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Programs

COVID -19 UPDATES: The PhysFit Health and Wellness Center is currently closed to all in-person visits. However, we are hosting remote video appointments and virtual sessions of our group fitness programs^[1]. For more information reach out via e-mail at atwellness@ucsf.edu^[2].



Stand Tall

A group class directed by UCSF physical therapist faculty to improve posture, strength and physical performance, with potentially long-term reduction in risk of fractures in addition to providing social benefits and peer support. [Learn More](#) ^[3].

Balance Fit

Balance Fit is a group exercise program designed by physical therapists to address balance, coordination, strength, and mental flexibility. Connect with others in our community and improve your quality of life. Learn More. [4]

Individualized Physical Therapy Consultation

Work one on one with a physical therapist to achieve your goals for fitness, function or performance. Start with an individual evaluation to identify any strength, endurance, flexibility, balance, coordination or functional limitations, and address them with a comprehensive plan. Contact us [5].

Contact Us
Make A Gift
UCSF Main Site

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Source URL: <https://ptrehab.ucsf.edu/programs>

Links

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

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

[3] <https://ptrehab.ucsf.edu/stand-tall>

[4] <http://ptrehab.ucsf.edu/balancefit>

[5] <https://ptrehab.ucsf.edu/contact-us>