

OUR SERVICES

We offer therapeutic treatment of:

- Outpatient orthopedic musculoskeletal problems
- Spinal problems
- Joint problems
- Arthritis
- Sprain and strains
- Post surgical injuries
- Balance problems
- Vestibular Rehabilitation
- LSVT "BIG" for Parkinson's Patients

We have knowledgeable and friendly staff providing personalized care. Most insurances are accepted and we can verify your coverage. Our convenient hours and locations are listed on the front cover.

PHYSICAL THERAPISTS CAN HELP

- Evaluate physical problems
- Increase and maintain muscle strength and endurance
- Restore and increase range of motion in joints
- Decrease swelling/ inflammation of joints
- Prevent contracture and deformity of limbs
- Decrease muscle spasms and spasticity
- Decrease pain
- Increase coordination
- Improve balance
- Alleviate or improve walking problems
- Educate patients and families



WHAT TO EXPECT ON YOUR FIRST VISIT



Physical Therapists examine, evaluate and treat patients who have conditions that affect an individual's ability to move freely and

without pain. The therapist will design a plan of care to help you meet your rehabilitation and personal goals. We offer individual, patient-centered services.

Please arrive 10-15 minutes prior to your evaluation in order to complete the appropriate paperwork. You can also complete our intake forms at your convenience by downloading them from our website and bringing them to your first visit. When you arrive at one of our facilities, our administrative staff will review your insurance coverage and your personal financial obligations based upon your benefits. You will be evaluated by one of our licensed physical therapists. Your evaluation will be a one-on-one session in which your therapist will perform a thorough and comprehensive examination, noting any areas of deficiency or limitation in your function relating to your diagnosis or condition.

Based upon the findings of your evaluation, you will be educated on your diagnosis and we will address each of your questions and concerns. You will also be issued a home exercise program that is individually tailored to your needs.

YOUR PHYSICIAN WILL BE INVOLVED IN YOUR THERAPY PROGRAM

Your physician/ therapist relationship is a critical component of your therapy program. Our therapists will regularly communicate findings and progress to your referring physician. A copy of your initial evaluation will be sent to your physician for their review. As your care progresses we will update your doctor on advancement towards your stated goals, as well as your ongoing presentation.

If at any time during your physical therapy treatment, your physician would like to relay his concerns or instructions, we welcome that communication and will directly integrate those suggestions into your care plan.



EXCEPTIONAL CARE EXCEPTIONAL PEOPLE

We are committed to assisting you in all aspects of your rehabilitation program. We can help with clinical questions, billing and financial inquiries, goal setting and successful outcomes.



Patient can be referred by their Primary Care Physician, or any doctor who is directing their care, for general conditioning or any weight-related medical issue.

1st day – Fitness evaluation: Assess basic fitness level, including cardiovascular endurance, strength, flexibility, dynamic core stability.

Refer to Registered Dietician for nutritional assessment:

- Assess understanding of nutrition
- 1-on-1 counseling sessions
- Grocery shopping tips
- Food/recipe modification
- Psychological issues related to food

Day 2- end of week 8: Progress patient through Three Phase Fitness Program.



Cape Fit is a Three Phase system meant to be used as a guideline. As with any journey, the starting point is just as important as the finish. It is an 8 week program where you come 3 times per week. It is paid by your insurance company.

The personal fitness program is exactly that: personal. It will be tailored to the individual. Do they want to join a gym? Do they prefer to work out at home? The concept is to establish a plan going forward that is both effective and convenient for the patient, to give them an optimal chance at success.

FOUR CONVENIENT LOCATIONS:



Cape Regional Medical Commons
223 N. Main Street, Suite 102
Cape May Court House, NJ 08210 • 609-536-4995



Cedar Square Shopping Center
2087 Route 9, Unit 24
Seaville, NJ 08230 • 609-624-2030



Cape Regional Medical Center
2 Stone Harbor Boulevard
Cape May Court House, NJ 08210 • 609-463-2629



North Cape May Office
3816 Bayshore Road
North Cape May, NJ 08204 • 609-536-4995



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