



Living Pain-Free with Help From Cape Regional Physical Therapy

About five years ago, Barbara began dealing with pain in both of her knees. This pain began to interfere with her daily activities. She was diagnosed with osteoarthritis of both knees and a bilateral total knee replacement (TKR) was suggested because the osteoarthritis had progressed to bone-on-bone. A bilateral TKR was performed on December 12, 2013.

Barb arrived at Cape Regional Physical Therapy in Cape May Court House three weeks following her surgery with the assistance of a rolling walker. Her first day consisted of an evaluation, where the physical therapist assessed the strength and range of motion in Barb's knees. Her goals were to walk without the assistance of a walker or cane, return to all the activities she loved, and travel to Florida by the end of February.

Barb attended physical therapy three times a week for approximately five weeks. Her PT treatment consisted of range of motion exercises, strength exercises, riding a stationary bike, stretching, and cold packs. She put in a tremendous amount of hard work at each session, and each week the aim was to progress her program. Barb did so well with the rehabilitation of her knees that she was able to leave for Florida much earlier than she anticipated. Barb said, "I am able to go down to Florida much sooner because of the care I received from the staff at Cape Regional Physical Therapy."

Barb says she is enjoying life again – without all the pain.

Dear CRPT Staff,

As I come to the end of my treatment at Cape Regional Physical Therapy, I wanted to express my gratitude for everything CRPT has done for me.

So much thanks and appreciation goes to Rebecca (Becky) McKenna who was my primary contact throughout my therapy. Becky is very professional and knowledgeable about PT and answered all my questions. She helped to reduce my fear, and I can honestly say I looked forward to my sessions three-times a week.

A special thanks to Ginger Millar and Tony Castagna for answering my questions and helping me when Becky was with other patients. What can I say about Jory Tangalin? He is so pleasant, helpful, kind and outgoing. Everyone I encountered at Cape Regional Physical Therapy was always willing to help. Peggy Hughes is a delight to have as your first contact when calling to make an appointment. She is very professional at all times.

So a big Thank You to the entire staff as I head to Florida for the remainder of the winter season. I am able to go down to Florida much sooner because of the exceptional care I received from the staff at Cape Regional Physical Therapy. I will highly recommend your facility to family and friends in our area.

Thank you again!

Fondly,

Barb

Barbara L.

Barbara L. with Becky McKenna, PT



THREE CONVENIENT LOCATIONS

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

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

Cape Regional Medical Center
2 Stone Harbor Boulevard
Cape May Court House
609-463-2629