

Rehabilitation Services Department Physical and Occupational Therapy

Orthopedic Rehabilitation

Millions of Americans endure orthopedic-related injuries, and they often suffer from chronic conditions that deteriorate their joints and cause pain. Our team of specially trained therapists will design an individualized, comprehensive treatment program that maximizes the return of functional mobility.

LOCATIONS:

Center for Outpatient
Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient
Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

DO YOU HAVE ANY OF THE FOLLOWING CONDITIONS?

- ... Fractures
- ... Sprains or strains
- ... Acute/chronic pain
- ... Joint surgery/replacement
- ... Sports-related injury
- ... Overuse injuries

THERAPY MAY HELP YOU TO:

- ... Decrease pain
- ... Improve strength
- ... Improve range of motion
- ... Improve balance
- ... Understand how to avoid re-injury
- ... Successful return work and/or sport

OUR THERAPISTS WILL DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY MAY INCLUDE:

- ... Pain reduction techniques
- ... Hands-on therapy using various manual techniques
- ... Therapeutic exercises to address your specific problems
- ... Biomechanics and injury prevention

Therapy sessions are generally 2–3 times per week for 4–6 weeks. Obtain a prescription for therapy from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: American Academy Orthopaedic Surgeons www.orthoinfo.aaos.org
National Institute of Arthritis and Musculoskeletal and Skin Diseases www.niams.gov



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