

## Cape Regional Medical Commons and North Cape May

Ginger Millar, PT, DPT, Director of Cape Regional Physical Therapy, graduated from Temple University with a Bachelor of Science in Physical Therapy as well as Doctorate in Physical Therapy from Temple University. Ginger is a vestibular specialist as well as a TMJ expert.

### Seaville

**Doug Klein**, Manager of the Seaville office, graduated from the University of Scranton with a Master's in Physical Therapy. He has worked almost exclusively in orthopaedics throughout his career. Doug specializes in shoulder, neck, back, foot, and ankle injuries and holds a certification in the Graston Technique.

### Cape Regional Medical Center

**Cheryl Brewer**, PT, DPT, MSHA, Manager of Physical Therapy at Cape Regional Medical Center earned a Doctorate in Physical Therapy from Stockton University in Pomona, NJ. She also holds a Masters in Health Administration from Independence University.

The Physical Therapy Program at Cape Regional Health System is fully staffed by a team of licensed physical therapists. Our therapists regularly communicate findings and progress to the patient's referring physician. We work with your insurance company to assure the coverage you deserve. For more information, call 609.463.CAPE.

## FOUR CONVENIENT LOCATIONS

### Cape Regional Medical Commons

215 N. Main Street  
Cape May Court House, NJ 08210

### Seaville

2087 Route 9  
Seaville, NJ 08230

### Cape Regional Medical Center

2 Stone Harbor Boulevard  
Cape May Court House, NJ 08210

### North Cape May

3806 Bayshore Road  
North Cape May, NJ 08204

### Hours of Operation

7 am - 7 pm / Monday - Friday



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# PHYSICAL THERAPY



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## OUR SERVICES

We offer therapeutic treatments of:

- Outpatient orthopaedic musculoskeletal problems
- Spinal problems
- Joint problems
- Arthritis
- Sprain and strains
- Post surgical injuries
- Balance problems

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 back 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

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

## WE ARE COMMITTED TO YOU

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.

To schedule an appointment, please  
call 609.463.CAPE