

Our Services

Receiving Outpatient Physical Therapy immediately Post Operatively to Accelerate Healing

- Individualized rehabilitation program designed to meet your needs and goals
- Modalities to help alleviate the pain
- Nurse check-in to evaluate healing process and pinpoint any problems

What to Expect:

- Improved range of motion
- Improved strength
- Improved functional outcomes to return to activity sooner
- Improved walking speed

Three Convenient Locations

Cape Regional Medical Commons
223 North Main St., Suite 102
Cape May Court House, NJ 08210

Cedar Square Shopping Center
2087 Route 9, Unit 24
Seaville, NJ 08230

North Cape May
3806 Bayshore Road
North Cape May, NJ 08204

We can help set up Fare Free Transportation to our office 5 days a week

To schedule an appointment call
609-463-CAPE

HOURS OF OPERATION:
Monday - Thursday: 8AM - 7PM
Friday: 8AM - 5PM



CAPE REGIONAL
PHYSICAL THERAPY

A member of Cape Regional Health System

For a Healthier Life.

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FAST TRACK TOTAL JOINT PROGRAM



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What To Expect On Your First Visit

Our physical therapists will examine, evaluate and discuss your surgery outcomes with you on your first visit. The therapist will design a plan of care to help you meet your rehabilitation needs and personal goals.

Our administrative staff will review your insurance coverage and your personal financial obligations based upon your benefits.

Studies show that an accelerated program for total joints helps to speed the recovery and attain goals quicker.

Let us help you get to your maximum recovery with our Fast Track Total Joint Program.

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

Your Life. Your Program.

Fast Track Total Joint Program will get you on your way quicker and faster than others because you will be coming 5 days a week for 2 weeks. This can facilitate healing and also catch any issues with your total joint that you could encounter.

Reach recovery faster with our Fast Track Total Joint Program.

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.

For more information or to schedule an appointment call 609.463.CAPE or visit www.caperregionalpt.com