

Our Services

We offer therapeutic treatment of:

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

We have knowledgeable and friendly staff providing personalized care. Most insurances are accepted and we can verify your coverage.

Three Convenient Locations

Cape Regional Medical Commons
223 North Main St., 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

North Cape May
3806 Bayshore Road
North Cape May, NJ 08204
609-536-4995

HOURS OF OPERATION:
Monday – Thursday: 8 am – 7 pm
Friday: 8 am – 5 pm



CAPE REGIONAL
PHYSICAL THERAPY

A member of Cape Regional Health System

For a Healthier Life.

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CAPEFIT PROGRAM



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What To Expect On Your First Visit

Our physical therapists will 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. When you arrive at one of our facilities, our administrative staff will review your insurance coverage and any co-pays or deductibles based upon your benefits.

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 any of your questions and concerns. You will also be issued a home exercise program that is individually-tailored to your needs.

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.

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.

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 for success.

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 with CapeFit call 609.536.4995 or visit www.caperegionalpt.com