

## NEW BRUNSWICK LOCATION

In addition to our location at the RWJ Fitness and Wellness Center in Old Bridge, we also have a location in New Brunswick:

55 Morris Street  
New Brunswick, NJ 08901

### HOURS:

(Monday - Friday)

Adults: 8 a.m. - 5:30 p.m.

Pediatrics: 3:30 - 7 p.m.

### *Occupational Therapy by appointment only.*

In addition to Physical Therapy services, our New Brunswick location offers a variety of specialty services, including:

- Occupational therapy
- Lymphedema
- Pediatrics
- Lee Silverman Voice Technique for Parkinson's disease
- Women's pelvic floor rehabilitation program



## AQUATIC THERAPY

Aquatic therapy is offered in conjunction with other treatments plans. It has proven effective because allows the patient to exercise more than one joint or muscle group at a time.

The warmth and buoyancy of the therapy pool provide a gravity eliminated environment allowing patients who may not otherwise be able to exercise to do so.

The aquatic therapy program is especially beneficial for arthritic conditions, fibromyalgia, neurological conditions and joint replacement.



ROBERT WOOD JOHNSON  
FITNESS & WELLNESS CENTER



## OUTPATIENT PHYSICAL & OCCUPATIONAL THERAPY

RWJ Fitness and Wellness Center  
1044 U.S. Highway 9  
Parlin, NJ 08859

Hours of Operation  
Monday, Tuesday and Thursday  
7:30 a.m. to 8 p.m.  
Wednesday and Friday  
7:30 a.m. to 4 p.m.  
Saturdays  
8 a.m. to noon  
732-727-2220



## WHAT IS A PHYSICAL THERAPY?

The outpatient Physical Therapy Program at Robert Wood Johnson University Hospital (RWJUH) provides services for infants, children, and adults with physical dysfunction or pain.

RWJUH therapists are licensed by the State of New Jersey and are trained and certified in a variety of medical specialties, giving patients access to the most advanced and comprehensive treatment available.

Physical therapists use “hands-on” care to restore optimal function by minimizing impairments, managing disabilities and creating an appropriate environment to improve independent function.

The Physical Therapy Program at RWJUH also offers a variety of prevention methods, wellness activities and health promotion.

## WHAT IS OCCUPATIONAL THERAPY?

Occupational Therapy at RWJUH treats patients with psychosocial, developmental or physical disabilities. Our occupational therapists help patients regain and build all the necessary skills for maximum function on a daily basis.

Patients are trained in the use of compensatory techniques and adaptive equipment to help them increase their independence and safety throughout daily living.

Social and developmental skills are also further developed to help with the completion of daily tasks.



## WHAT WE TREAT

Physical therapists at RWJUH treat a full-range of conditions, including:

- Orthopedic and sports medicine injuries
  - High school athletic injury rehabilitation
  - Total joint replacement
  - ACL repair
- Head and spinal cord injuries
- Neurological conditions such as stroke, MS, Parkinson’s disease and fibromyalgia
- Balance and vestibular problems
- Work- and automobile-related injuries
- Pain syndromes (chronic and acute)  
Arthritic conditions

## EVALUATION

The first step for both physical and occupation therapy is to complete an assessment and examination of the patient. This includes medical history, identification of health risks and problems, a complete systems review, utilization of appropriate tests and measures, and establishment of treatment goals.

## TREATMENT PLAN

RWJUH therapists develop individualized treatment plans for each patient. These plans assess the goals of therapy and the desired outcome of therapy at the end of treatment.

