

## Princeton Rehabilitation

### Physical Therapy for COVID-19 Recovery

Princeton Rehabilitation is pleased to offer outpatient physical therapy and speech-language pathology services to help individuals recovering from COVID-19 return to functional activities.

**The outpatient program offers individualized treatment for patients with the following symptoms:**

- Functional decline.
- Difficulty with daily tasks.
- Pain with movement.
- Decrease in endurance, limited endurance or strength.
- Balance dysfunction and fall risk.
- Peripheral neuropathy.
- Difficulty breathing with movement.
- Cognitive deficits.
- Swallowing or voice impairments (due to intubation) (services through the Voice and Swallowing Clinic)

**An individual, one-on-one patient care treatment approach, which may include:**

- Therapeutic exercise to improve strength and range of motion.
- Specific exercises for endurance improvement.
- Gait training.
- Balance and weight-bearing exercises.
- Breathing and relaxation to increase breathing ability.
- Swallowing studies and voice evaluations (services through the Voice and Swallowing Clinic)

#### COVID-19 Safety Precautions

- ✓ All staff, patients, vendors, and visitors are screened for a fever and other symptoms that may indicate COVID-19 infection, prior to entering the building.
- ✓ All staff, patients, vendors, and visitors are required to wear a mask.
- ✓ Direct care providers wear goggles for eye protection.
- ✓ Waiting and patient care areas have been rearranged to promote physical distancing.
- ✓ All equipment is sanitized and disinfected between each patient.

### Convenience

In-person visits offered at our five locations. Physical therapy and speech-language pathology appointments are available early morning, evenings and via telehealth. Most major insurances accepted. Please call our main number 609.853.7840 or any of our sites directly to schedule an appointment. For more information please visit [princetonhcs.org](http://princetonhcs.org).

**Hamilton**  
609.581.5910

**Monroe\***  
609.655.4586

**Plainsboro**  
609.853.7830

**Princeton**  
609.430.7880

**South Brunswick\***  
609.497.2230

**\*Transportation may be provided.**



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