

## Princeton Rehabilitation at South Brunswick

### Physical Therapy for COVID-19 Recovery

Princeton Rehabilitation at South Brunswick is pleased to offer outpatient physical therapy 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.

**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.

#### 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 appointments are available live 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.**