

Woodbury Heights

The therapists at Penn Therapy & Fitness Woodbury Heights are ready to help you regain function, mobility and relief through outpatient physical therapy. Located conveniently on the [Penn Medicine Woodbury Heights campus](#), Penn Therapy & Fitness Woodbury Heights offers access to a number primary and specialty care services at one convenient location.



Address:

Penn Therapy & Fitness Woodbury Heights

1006 Mantua Pike, Suite B

Woodbury Heights, NJ 08097

Phone

[856-686-8270](tel:856-686-8270)

Fax

[856-686-8279](tel:856-686-8279)

Together with your doctor, you and your therapist will work together to create a treatment plan customized to your rehabilitation goals, including an exercise and therapy program, education about self-care and injury prevention knowledge.

Woodbury Heights Info

Hours of operation:

Hours By Appointment Monday Through Friday.

[Download New Patient Welcome Packet](#)

Cancer
Cancer-Related Fatigue
Musculoskeletal
Foot and Ankle
Gait and Balance
Hip and Knee
Joint Replacement
Shoulder
Spine (Neck and Back)
Sports Performance
Neurosciences
Brain Injury
Concussion
Movement/ Neurodegenerative Disorders
Spinal Cord Injury
Stroke
Vestibular/Balance
Specialty
Pelvic Floor
Women's Health (Pregnancy)
Work Conditioning

We'll develop a plan that's right for you that includes:

- Activity modification education
- Education to help manage condition
- Post-operative rehabilitation
- Range of motion exercises to regain flexibility

- Strengthening and stretching exercises
- Symptom management education
- Therapeutic pain management

Clinical Certifications & Specialties

- Certified Orthopedic Clinical Specialists (OCS)
- LSVT® BIG and LSVT® LOUD certified therapists
- McKenzie certified therapists for the treatment of back, neck and extremity problems
- Multiple Sclerosis Certified Specialists (MSCS)
- Neurological Clinical Specialists (NCS)
- Therapists certified in the care of high performance sports
- Vestibular Competency Certified therapists

Safety Precautions

All Penn Therapy & Fitness locations are now open. We are taking every precaution to protect your health by providing a safe care environment; the following protocols are now in place:

- All patients and employees are screened prior to arrival.
- All patients and employees are thermal scanned at the door.
- Patients wear masks.
- Providers wear masks, face shields and gloves.
- Strict handwashing/sanitizing is enforced
- Patient arrivals are staggered and changes to the physical layout within our facilities have been made to promote physical distancing
- Deep cleaning procedures have been enhanced