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
Fax
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