Hand & Orthopedic East Windsor has joined Good Shepherd Penn Partners outpatient therapy network! As part of your outpatient physical therapy experience, we will work together with you and your doctor to create a treatment plan customized to your rehabilitation goals with a program including exercise, therapy, education, and injury prevention.

Address:
Penn Therapy & Fitness Hand & Orthopedic East Windsor
300B Princeton Hightstown Road, Building B, Suite 103
East Windsor, NJ 08520
Phone
609-443-5500
Fax
609-443-5520
East Windsor location of Hand & Orthopedic Physical Therapy Associates, P.C. (Hand
East Windsor Info

Hours of operation:

**Hours by Appointment Monday Through Friday.**

[Download New Patient Welcome Packet](#)

Musculoskeletal
Foot and Ankle
Gait and Balance
Hand, Wrist and Elbow
Hip and Knee
Joint Replacement
Shoulder
Spine (Neck and Back)
Sports Performance
Specialty
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 Hand Therapists (CHT)
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