

Our Story

Our journey here began in July 2017 when, after 8 years on JFK Hospital's brain trauma unit, I wanted a change. While planning to open an adapted gym, I discovered Therafit Rehab in Maryland. As a neuro-based occupational therapist, this place seemed too good to be true.

I got to know co-owners Gina Della and Justin Gilligan and was moved by their story of dedication to family member Richard Ayres (below), who had suffered severe head trauma and paralysis in a car accident. Refusing to "let him go," they nurtured his improvement using a device called the Quadriciser®. Ultimately, they opened full-service therapy clinics dedicated to improving the lives of neurological and traumatic-injury patients.

I partnered with them to bring Therafit Rehab to New Jersey. **Our mission:** believe, hope, and never, ever give up on serving our patients.

—Sarah Miltner
Co-Owner



Free Help Now!



We've published several **FREE** reports to help you start getting back to the things you love. Download one today at: therafitrehab.com/free-reports

Insurance Coverage

Therafit Rehab accepts most major insurance carriers, including Medicare, Medicaid, Blue Cross Blue Shield, Cigna, and more. Contact our billing team, **Choice Billing for Therapy Practices**, at 410-618-1090 for more information on insurance coverage and benefits.

New Jersey Locations

Matawan
201-515-2395

Middletown
732-639-0068

info@therafitrehab.com

therafitrehab.com



THERAFIT
THERAPY + FITNESS
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ACTIVITY-BASED THERAPY
PHYSICAL • OCCUPATIONAL
SPEECH • MAINTENANCE

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Our Services

Physical Therapy

Our PT program focuses on activity-based rehabilitation. We offer a variety of adaptive equipment not available in other PT clinics. Our therapists use that equipment, evidence-based techniques, creative methods, and a caring touch to challenge patients to reach their goals.

Occupational Therapy

Our OT program addresses each patient's needs, using activity-based care to boost participation in daily life by addressing the function of the upper body, vision, cognition, and functional mobility. Our neurological specialists work to restore patients' independence and confidence in self care, home care, work, and other activities.

Speech Therapy

Our speech-language pathologists assess, diagnose, and treat speech, language, social communication, cognitive communication, and swallowing disorders in people of all ages. If eating, finding the right words, or enunciating clearly have become chores, our SLPs can help.

Maintenance Therapy

We never give up on our patients, even if you hit a plateau during rehabilitative therapy. We provide maintenance therapy, which represents medically reasonable and necessary treatment to prevent or slow a decline in the patient's condition.

Adaptive Equipment

We offer a variety of adaptive equipment. As durable medical equipment suppliers, we also fit and supply equipment to patients. We do it all: wheelchairs, walkers, standing frames, and more.

Why We're Different

We treat patients of all ages with **neurological conditions or traumatic injuries**. We provide **one-on-one care** in a supportive environment, and we find creative ways to challenge our patients to achieve their goals.

We only hire staff that has **education and experience with neurological patients**. And, our clinics feature **adaptive equipment** not found in other PT practices. Call us today to set up a **free screen** and get back to doing what you love! Our specialties include:

- Multiple Sclerosis
- Traumatic Brain Injury
- Spinal Cord Injury
- Muscular Dystrophy
- Spina Bifida
- Poor Balance
- Falls Assessments
- Stroke
- Cerebral Palsy
- Parkinson's Disease
- Physical Disabilities
- Pediatric Issues
- General Pain
- Movement Disorders

