

# Rehabilitation Services Department

## Physical Therapy

## Amputee Rehabilitation Program (Lower Extremity)

In the US, there are more than two million people who have experienced the loss of a limb. Each year, more than 185,000 amputations occur as a result of trauma, diabetes, peripheral arterial disease, and cancer. Our program is well known in the region for our expertise in amputee recovery and prosthesis training. Our patients have successfully returned to their lifestyles — from homemaking to police work to marathon running. We provide an individualized, comprehensive treatment program to help individuals who have experienced the loss of a limb at any level. Our goal is to maximize your functional independence.

### THErapy MAY HELP YOU TO:

- Decrease pain in your residual limb
- Increase strength and flexibility
- Improve balance and coordination
- Increase endurance
- Improve mobility/walking/running skills
- Enhance confidence and independence
- Return to work and/or sports

### OUR THERAPISTS WILL DESIGN A THERAPY PROGRAM ESPECIALLY FOR YOU. THERAPY MAY INCLUDE:

- Instruction in the care of your limb
- Joint contracture prevention/treatment
- Gait analysis and training, including microprocessor prosthetic knees
- Exercise education
- Prosthetic training
- Cardiovascular conditioning
- Balance training

### LOCATIONS:

Center for Outpatient Rehabilitation – Hopewell  
Two Capital Way, Suite 418  
Pennington, NJ 08534

To make an appointment,  
call: 609.303.4700

Center for Outpatient Rehabilitation – Trenton  
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,  
call: 609.278.5482

Therapy sessions are generally 2–3 times per week for 4–6 weeks. Obtain a prescription for therapy from your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: Amputee Coalition of America [www.amputee-coalition.org](http://www.amputee-coalition.org)



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