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 Medicaid, Medicare, CareFirst/BCBS, Cigna, United Healthcare, and more. For a full list, visit **therafitrehab.com/insurances**. Contact your local clinic below if you have questions or to make an appointment.

New Jersey Locations

Matawan
732-955-9505
matawan@therafitrehab.com

Middletown
732-639-0068
middletown@therafitrehab.com

therafitrehab.com

THERAFIT
THERAPY + FITNESS Rehab

ACTIVITY-BASED THERAPY

PHYSICAL • OCCUPATIONAL
SPEECH • MAINTENANCE

We help people with neurological conditions and traumatic injuries become more active, mobile, and independent.

therafitrehab.com

Our Services

Physical Therapy

Our PT program focuses on activity-based rehabilitation. Our therapists use adaptive equipment, evidence-based techniques, a blend of creativity, and a caring touch to challenge patients to reach their goals. Most of our patients' goals include improving balance, walking better, holding and playing with grandchildren, reducing fall risk, or just becoming more active.

Occupational Therapy

Our OT program helps to restore independence in activities of daily living (dressing, cleaning, cooking, and the like) and beyond. Our creative therapists will help you to better "age in place," get back on the job, or reengage in community life.

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 words, or enunciating clearly have become chores, our SLPs can help.

Maintenance Therapy

We will never give up on you, even if you hit a plateau during rehabilitative therapy. We offer 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 exam** 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
- Licensed DME Supplier
- Stroke
- Cerebral Palsy
- Parkinson's Disease
- Physical Disabilities
- Pediatric Issues
- General Pain
- Movement Disorders