

CLINICAL PROFILE

Theresa Campanella, PT, DPT



Theresa Campanella is an integral part of the clinical team who is skilled in the comprehensive evaluation and treatment of the full spectrum of orthopedic conditions and injuries. She particularly enjoys working with patients suffering from low back pain, disc herniation, sciatic pain, cardiovascular and neurological conditions where she is highly skilled at creating innovative programs that challenge, strengthen and restore. On a daily basis, Theresa is committed to providing each patient with the superior clinical care they deserve and being the kind of therapist you would recommend to your family and friends.

Education and Certifications

- **Doctor of Physical Therapy**
University of Medicine and Dentistry of NJ & Rutgers University -2012
- **Bachelor of Arts**
Rutgers University College of Arts & Sciences - 2009
- **Continuing Education** – Movement System Impairment Syndromes of the Lumbar Spine

Theresa's Vision... I am dedicated to providing skilled care to individuals with cardiovascular, orthopedic and neurological conditions. My vision is to promote health and recovery through developing treatment sessions tailored to each specific person, and helping individuals achieve their goals and regain function through decreasing pain, improving strength and enhancing mobility and endurance.

Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Pre-and Post-Surgical Rehabilitation
- Total Joint Replacement Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injury Rehabilitation
- ACL/Rotator Cuff Repair Protocol
- Blood Flow Restriction Training
- Trained in the Utilization of McKenzie Technique
- Instrument Assisted Soft Tissue Mobilizations (IASTM)
- Negative Pressure Soft Tissue Mobilization (Cupping)
- Myofascial Release
- Crutch Training/Gait Training/Balance Training
- Cervical/Lumbar Instability

Rothman Orthopaedic Institute
Managed by NovaCare Rehabilitation
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