



**WE will educate you on how to work towards your goals quickly and safely.**

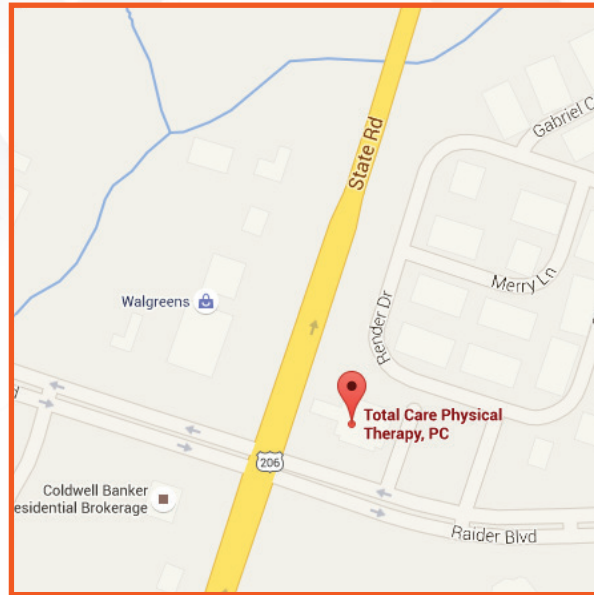
**NOW ACCEPTING NEW PATIENTS**



**Tom Bouziotis is the owner of Total Care Physical Therapy and has been a physical therapist for 12 years serving Hillsborough and living in the area.**

Initially, Tom had a different career path, but his own physical situation necessitated extensive physical therapy. Inspired not only by what he was able to accomplish, but also by a strong desire to assist others, Tom set his career change in motion by enrolling in Columbia University's Master of Science in Physical Therapy program.

Since then, Tom has provided quality, compassionate care to hundreds of patients facing a wide range of injuries, as well as orthopedic and neurological issues. Above all else, he wants his practice to be a collaborative one, whereby he gathers input from patients, doctors, family members, and other therapists, to design individualized treatment plans that help patients heal, recover, and rehabilitate. As a physical therapist, Tom is fully aware that the human body is the most complex machine and that there are multiple ways to achieve improved results. Through innovative treatment techniques, patient education, dedicated support and positive encouragement, Tom motivates his clients in restoring their function and achieving their best possible lifestyle.



**Conveniently located on the corner of Route 206 and Raider Blvd.**

**Friendly Environment Handicapped Accessible State-of-the-Art-Equipment**

**719 Route 206 North · Suite 104 Hillsborough, NJ 08844**

**Phone: 908-262-7404**

**FAX: 908-262-7406**

**totalcarept@outlook.com  
www.totalcarept.net**

**Office Hours:**

**Monday thru Friday: 7am -8pm**

**Saturday: 7am -12pm**

**Sunday: Closed**

*ORTHOPEDIC, NEURUOLOGY, AND SPORTS PHYSICAL THERAPY*

**We Accept Most Insurance And Medicare**

**Physical Therapist Owned**

**Member APTA**



**We will listen to you, our client, and customize a treatment plan individualized to your needs.**

**www.totalcarept.net**

## Personalized Treatment

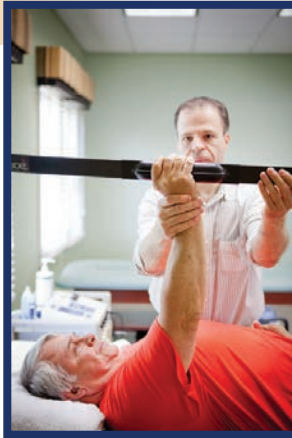
At Total Care Physical Therapy, we create a collaborative effort between your doctor, your physical therapist, and you as a patient to develop the most successful treatment plan to fit your individual needs. Being a privately owned rehabilitation clinic, we offer a personalized level of care that a larger corporate structure can't. Our clinic provides our patients a friendly, and family like atmosphere, as well as the time to listen to each patients personal concerns and goals.

## We provide:

- Outpatient services
- Evaluation with individualized treatment
- Collaborative therapy
- Licensed therapists
- Friendly environment
- Convenient location with handicapped parking
- Easy access
- Communication with physicians
- One-on-one treatment
- Treatment for all age groups, from pediatrics to senior citizens

## Certifications/Techniques

- Fully licensed physical therapists
- CPR
- McKenzie
- Active Release
- Geriatric
- Mulligan
- Graston
- Kinesio Tape



## We Specialize In

### Orthopedic | Sports Injuries

- Pre/post surgery rehabilitation
- Spinal rehabilitation
- Knee, hip, elbow, ankle and shoulder injuries
- Pain management
- Arthritis

### Neurological

- Multiple Sclerosis
- Parkinson's Disease
- Stroke
- Balance/Coordination

### Vestibular Rehabilitation

Vestibular Therapy allows our therapist to provide a specialized treatment plan in order to treat vertigo, dizziness, and balance problems.

### Redcord Technology

A proven scientific breakthrough in neuromuscular based exercise and pain treatment.



***WE will help you optimize your body's ability to heal.***

**FREE Consultation for First Time Patients! Call Today: 908-262-7404**