



Challenge Yourself and Transform Your Life

Our goal is to get you back to your baseline and to help you live your life to the fullest. Regardless of the source of your injury, we will help you with proven restorative techniques so you can achieve a better quality of life.

We treat

- Back and neck pain
- Shoulder, knee, hip, ankle, and other joint pain
- Sciatica/radiculopathy
- Work, sports, and auto injuries

We offer comprehensive physical therapy services, including **cupping** and **kinesio taping**, with state-of-the-art techniques and equipment.


Visit us today!



Dr. Navi received her doctorate in physical therapy from Arcadia University. She has extensive experience working with patients of all ages and treating a wide range of conditions, including post-surgical rehabilitation, sports injuries, auto injuries, chronic and acute pain, and workers compensation cases.



Live Your Best Life

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About Us

Urban Physical Therapy is Northern New Jersey's premier physical therapy practice. We offer a full spectrum of therapeutic services to rehabilitate people suffering from chronic pain, work, sports and auto-related injuries. We also rehabilitate patients after orthopedic surgery, stroke, heart attacks and many other medical conditions.

We prioritize your return to optimum health and functioning in a welcoming environment staffed by dedicated and experienced therapists. Our care is specialized and customized to each individual and focused on helping them achieve their healing and wellness goals.

We offer convenient office hours including evenings and weekends and take most major insurances. We also offer self-pay services at very competitive prices.



Effective Pain Management



One-on-One Treatment



Expert Physical Therapists



**Nutrition, Posture, and
Healthy Living Resources**

