Jennifer Collard

Physical Therapist



Jennifer Collard is a licensed Physical Therapist in the state of New Jersey. She joined Total Health Associates in March 2015. With over 19 years of experience in physical therapy, Jennifer specializes in Orthopedic, Post-Surgical and Pelvic Floor Dysfunction. Jennifer also specializes in sports related injuries and is well trained in the evaluation of muscle imbalances.

Jennifer stresses the importance of looking at the whole body during evaluations and treatments. As a sub-specialty, Jennifer has extensive experience in the treatment of Pre-Natal, Postpartum and Pelvic Floor conditions for women, including the use of biofeedback.

She authored a healthy pregnancy book educating pregnant and postpartum women regarding changes to their body and lifestyle. While developing a Women's Health Physical Therapy Program she also held seminars for pregnant women and their partners. In addition to her work as a Physical Therapist, Jennifer has formulated knee and shoulder postoperative protocols for websites of referring orthopedic surgeons. As a respected expert in her field, she has been quoted in The Bergen Record. In 2008, readers of The Bergen Record voted Jennifer and her team as "Best Physical Therapy in Bergen County." Jennifer received her B.S. in Physical Therapy from Northeastern University in Boston, MA.

Like any professional, Jennifer knows the importance of staying current in her field and frequently attends continuing education courses. Jennifer has been a member of the American Physical Therapy Association since 2004 and a member of its Orthopedic and Women's Health section since 2005.