



SPORTS PRO

PHYSICAL THERAPY & AQUATIC CENTER

The Aquatic Therapy Visit

Your insurance carrier may require a referral from your Physician or pre-certification. Please contact our office with your insurance information. Our staff will be glad to call your insurance carrier and obtain specific requirements.

To-Do

Bring a swim suit (or shorts & shirts) or other aquatic attire and water shoes are recommended.

Wear or bring dry clothing with you. Leave valuables at home.

Everyone must shower prior to entering the pool.

Inform your therapists of any unique issues, such as heart problem conditions, open sores/cuts, fear of water or any other health condition you may have.

Shower or changing room is available.

Towels are available, however, its recommended that you bring your own.

For those patients requiring assistance with dressing or showering, we ask that either a caregiver or family member be present during each treatment session.

An Aquatic Therapy Sessions

Your initial visit will include a Physical Therapy Evaluation.

You **DO NOT** have to be able to swim to participate in Aquatic Therapy.

Each therapy visit is unique and designed specifically for you.

Reassessments occur on an on-going basis to ensure achievement of your goals.

A visit will last from 30 min to 60 min. Your treatment plan may include land-based therapy.

When your therapy is complete, you will receive a discharge plan, so that you can continue with land based physical therapy or a fitness/wellness program.

12200 Annapolis Road, Suite 119, Glen Dale, MD 20769
9440 Pennsylvania Avenue, Suite 215, Upper Marlboro, MD 20772
930 E. Swan Creek Road, Ft. Washington, MD 20769

Ph.301.805.5006
Ph. 301.599.8899
Ph. 301.292.9400