



Blackstone Valley Physical Therapy Services, Inc

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www.bvpts.com

Welcome to our Aquatic Physical Therapy Program!

In conjunction with the **Whitin Community Center (WCC)**, Blackstone Valley Physical Therapy Services, Inc. is pleased to offer aquatic therapy in the warm water pools located at **60 Main St. in Whitinsville, MA**. It is our hope that having physical therapy treatments in our office, as well as in a pool setting, will allow patients to get better results from their treatments. **Marcia Samsel-Witkus, PTA** will be providing individual therapy sessions to help address the issues and limitation noted by your primary therapist. Marcia has over 15 years aquatic therapy experience both with BVPTS and other facilities.

The **Whitin Community Center** is located less than 1.5 miles down Linwood Ave on the corner of Main Street and Hill Street. The parking lot entrance is your first left when heading "up" or North on Hill Street. The phone number there is **508-234-8184**. With the changes due to COVID-19, the WCC has new policies in place for everyone's safety, including wearing a mask and completing an on-line screen and waiver (this can be completed prior to your visit; see below). We encourage everyone to arrive wearing their swim wear, as access to changing rooms is limited due the safety modifications at WCC. For now, all sessions will be in the Original Pool where the water temperature will be between 87-90°F (competition pool is typically 82°F). Here you should be able to find Marcia and begin on your wet road to recovery. More information outlining your visit can be found below.

There is a video posted at <http://bvpts.com/aquatic-therapy/> for you to view prior to your first session on _____ to get you familiar with layout.

When planning your aquatic therapy visit(s), please keep the following in mind (with some recent changes due to the *COVID-10 pandemic and all of these are subject to change*):

1. Prior to your first visit, please visit https://timitsolutionsllc.formstack.com/forms/wcc_waiver and complete the waiver. Prior to **each visit** you will have to visit <https://qrco.de/WHITINCC> and complete the daily screen (password: **timit**).
2. Please arrive early enough to enter no more than 2 minutes prior to your appointment with your bathing suit and towel, and mask. You will need to check in at the tent out side to get a wrist band.
3. Unfortunately, there will not be locker-room access at this time for changing and you are encouraged to arrive in your swimming attire. There is a bathroom in the member lounge, and a family bathroom with shower in the basement that may be used upon exiting, but may be occupied.
4. APT clients will proceed to the pool through the gym following the BLUE arrows on the floor to avoid crossing paths of others as much as possible. There are restrictions in the gym and patients should stay to the right and proceed through without stopping, as the benches are restricted for now.
5. Once entering the pool, patients will be able to place their belongings in the Designated Area chair. Patients are also asked to place their masks in a sealed bag.
6. Once the therapist is ready, the patient can enter the pool via the stairs and the treatment will be delivered in a typical fashion, without a mask, and Marcia will avoid close contact where possible and will wear a mask or face shield when on deck and within 6 feet of the patient.
7. At the conclusion of treatment, patients will leave along the far side of the pool and then follow the WHITE exit arrows through the gym (opposite side from they entered) and leave through the member lounge. In order to access to a family bathroom with a shower in the basement, follow the signage down stairs to the Family Changing room/locker-room. From there the white arrows can be followed to the exit. Marcia will clean the designated area and any equipment used.
8. With only 1 class opposing the APT, we are hopeful the bathrooms & changing rooms will be free.
9. When leaving, patients will need to scan or check out at the front desk prior to leaving the building.

Continued on the back

- If you are uncomfortable in a bathing suit, clean shorts and a shirt are allowed as well. Bringing bathing caps are an option for those that don't want to get their hair wet.
- While there is handicap access to the facility and the pool, currently we are only able to safely handle patients that can safely enter and exit the pool with stairs and railings.
- The same co-payments or deductible payment will be due for each aquatic therapy session, but unfortunately with Marcia working with clients, she won't be able to accept payments due to the nature of working in the pool. Payments can be made prior to aquatic therapy sessions at our office to keep your account current, and avoid late fees.

FAQs

How is aquatic therapy different from the physical therapy I have had in the past?

Aquatic therapy allows patients to take advantage of physical properties of water to assist them in performing therapeutic exercises or positions that will help them work toward their physical therapy goals. The buoyancy of the water allows people to exercise with less compressive force on their joints, and can allow people with limited weight bearing restriction to begin to walk normally. This will vary on the depth of the water. The hydrostatic pressure can help those with compromised cardiovascular systems and those with swelling in extremities. The viscosity of the water can support those with poor balance, as well as providing increased resistance to those able to move quickly.

What are some conditions that can benefit from aquatic therapy?

- Arthritis
- Neck/back pain
- Athletic injuries
- Chronic pain
- Joint replacements
- Neurologic Deficits
- Fibromyalgia
- Fractures
- Obesity

I have_____. Can I/Should I participate in aquatic therapy?

Not everyone can take advantage of this program, as there are some limitations and precautions. If any of the following apply, you may not be able to participate until these issues are resolved.

- Sensitivity to heat or chemicals
- Any sort of open or healing wound or sore
- Incontinence (plastic pants NOT provided)
- Uncontrolled Epilepsy, seizures, angina, or diabetes
- Communicable Illness
- Menstruation without internal protection
- Orthostatic hypertension or Blood pressure that is too high or too low

Is aquatic physical therapy covered by my insurance? What does it cost?

Most insurance companies cover the billing code for aquatic physical therapy. Each visit will count the same as an office visit against the approved number of visits each patient had obtained. Keeping this in mind, each aquatic therapy visit will be subject to the same patient financial responsibility (co-pay, deductible, etc) that an office visit would require. Payments will need to be made in our Linwood Mill office.

Who do I contact if I can't make my visit? What if I will be late?

The Whittin Community Center is allowing us to rent the pool for limited periods. In order to allow all of our patients to get the care they need in this setting; it is imperative that patients are pool side and ready to enter at their scheduled time. This will allow the therapist to focus on treatments rather than calling to find patients. If you are unable to make your visit, please call our office at 508-234-7544. In order to avoid the cancellation fee, please give us the 48 hours notice per our cancellation policy. If you are going to be late, please let us know as well, and we reserve the right to refuse patients that are late and we are unable to accommodate due to schedules. APT visits will be subject to our cancellation fee as well, so please make every effort to be on time to allow you and our other patients to get the most out of their treatment.

Please contact us at 508-234-7544 or e-mail Marcia@bvpts.com with any further questions.