

TRANSITIONS THERAPIES WEST

Aquatic and Physical Therapy



415 Rolling Oaks Dr. # 180
Thousand Oaks, California 91361
Office (805) 496-2189
Fax (805) 496-3489

Dear Pool Patient;

We are pleased to be able to treat you in our SwimEx 600T therapy pool. We are certain that the warm, soothing waters and natural buoyancy will help return you to your previous level of function.

In order for our pool to benefit the greatest number of patients and run smoothly and efficiently, there are a few guidelines we need you to follow.

- Pool sessions are scheduled on the hour. You should be ready to go into the pool at your scheduled time and come out 15 minutes before the next hour to allow for changing and paperwork. Being late for your session does not mean you can stay in longer.
- Plan to shower before and after your treatment. Showering before your treatment reduces the amount of organic contaminants in the pool. Please try to refrain from using lotions and perfumes before going into the pool. Showering after removes the pool chemicals from your skin. However, we need to get you in and out of the dressing areas as quickly as possible in order to get the next patients into the pool at the top of their hour. Most patients find that “under dressing” (wearing your bathing suit underneath your clothes) and showering at home helps get you in the pool faster. The shower is provided for a QUICK RINSE only. Please do not use our shower as a replacement for your daily hygienic shower or bath.
- Entering the pool, whether using the ladder or the chairlift, requires that the patient be **less than 300 pounds**. If this is a problem for you, please let us know prior to your first visit, so we can develop other therapy options.
- The pool is co-ed. The dressing areas are private. There are unlocked cubbies for your belongings.
- For the privacy of the other patients, and to prevent any distractions to your treatment, visitors, including spouses and children, **are not** permitted in the treatment or pool area.
- Aqua-sox (water shoes) are recommended to protect your feet in and around the pool. Please bring a towel as we can only offer one per patient.
- If you need to be re-evaluated, you need to schedule an appointment for the gym. Re-evals will generally not be performed on pool days.

We thank you for your cooperation and hope you are soon feeling better.

Sincerely,

Cheryl Schuhmann-Wertheimer

And the staff at Transitions Therapies West