

AQUATIC THERAPY INFORMATION SHEET SPAULDING QUINCY AT THE YMCA

Welcome to Spaulding Outpatient Center Quincy for your Aquatic rehabilitation. Our world-class clinicians are looking forward to helping you find your strength! By keeping a positive attitude, together, we can achieve positive results. Please visit our website to learn more about our center at www.spauldingrehab.org/Quincy, or call us at **617-952-6990**.

Insurance information:

- If your insurance requires **co-payments**, they are due at the time of each visit. We accept checks and credit card payments. Co-payments must be paid on the date of service and can be done either before or after your appointment.
- Please alert us and call the **Patient Service Center at 844-805-0205** if your **insurance changes** during your course of treatment.

24 Hour Cancellation Policy:

It is important for your care to attend all appointments. Each treatment builds upon a previous one. Please provide at least **24 hour notice for cancellations**. Also, be aware that multiple cancellations can affect your insurance coverage, and may result in discharge from our services. If you need to cancel, please call **617-952-6990**.

Directions:

Please see the enclosed document or refer to our website for directions. The website is www.spauldingrehab.org/Quincy. If you do not have access to the internet, please contact our office for directions at 617-952-6100.

We are located at the 1st floor of the Quincy YMCA at:

79 Coddington Street
Quincy, MA. 02169
Telephone: 617-479-8500

- **Parking:** Parking is free and available in the parking lot around the building. We are also accessible by public transportation.

What you need to bring to your visit:

- **Picture identification.**
- Regulation Bathing suit. No t-shirts, jean shorts or cutoffs are allowed in the pool.
- Towel
- Water shoes or sandals are recommended as the pool deck may be wet and slippery
- Change of clothes

Rules and Requirements

- When you arrive for your appointment, you must first check in with the front desk At the YMCA. Please bring Photo ID as you may be required to show it. Inform the YMCA Staff you have an appointment with Spaulding Quincy Aquatic Therapy.
- Please go to the locker rooms located down the corridor on the first floor to the LEFT past the pool area and change into your swimming suit. If you require assistance to get changed and ready for the pool you must provide your own aide. 2 changing rooms have a large table if you need it to get ready.
- Please arrive with enough time to check in, change in the locker room, and shower prior to your appointment time.
- Your initial visit will be approximately 45 minutes.
- You may use the lockers in the YMCA, but you will be required to provide your own lock. Please do not bring any valuables as neither the YMCA nor Spaulding is responsible for any items lost or stolen. Locks must be removed at the end of the session as you are not allowed to store any items overnight.
- Please take a shower prior to entering the pool area.
- Once you have changed, please meet your PT at the pool deck.
- Under no circumstances you will be allowed to enter the pool without the supervision of your PT. Please remind your PT of your medical history, including heart problems, diabetes or seizure disorders.
- There are 2 pools in the pool area; your therapist will let you know which one of them will be used during your session.
- A lifeguard is present at all times at the pool and emergency protocols are in place.
- You may not remain in the pool after your treatment session, unless you are a YMCA member and are participating in lap swim or another aquatic class.
- **You may not participate in Aquatic therapy if you have any of the following:**
 1. **Open wounds**
 2. **Communicable diseases (cold, flu, hepatitis, etc...)**
 3. **Incontinence of bowel or bladder**
 4. **Uncontrolled orthostatic hypotension or Autonomic Dysreflexia**
 5. **Exercise induced Angina**
 6. **Combative or difficult to control behavior**
 7. **Tracheotomies until healed**
 8. **Presence of DVT (deep vein thrombosis) without anticoagulation therapy or filter**

Your satisfaction is our primary goal. If you have questions or concerns, please share these. We will work to resolve any issue. If your patient service representative, therapist, or physician cannot help you, you may contact any of us at **617-952-6990**. You may also email us at: srhbraintree@partners.org.

- Timothy Needham, Site Manager

For additional information, please visit our website:

<http://spauldingrehab.org/locations/quincy-ma>

The Staff at Spaulding Quincy