



## Aquatic Therapy Information

*Please Read Carefully*

**When:** Monday, Wednesday, and Thursday afternoons (appointments available 3pm-4pm)

**Where:** Ida Lee Park Recreation Center, 60 Ida Lee Drive NW, Leesburg, VA 20176

**Directions:**

**From Purcellville and points west:** Take Route 7 East. Take the VA-7 Business exit towards Leesburg. After about ½ mile, make a slight right onto Loudoun Street SW. After another ½ mile, turn left onto S King Street. Drive another ½ mile, then turn left onto Ida Lee Drive and follow the signs for the recreation center.

**From Sterling and points east:** Take Route 7 West, which becomes East Market Street as you enter Leesburg. After about a mile, keep right at the fork to stay on East Market Street. Turn right on N King Street and continue for ½ mile. Make a left onto Ida Lee Drive and follow the signs for the recreation center.

**Facilities:** Bathrooms, showers and lockers are available for patient use. Please shower prior to getting in the pool. You may want to bring aquatic shoes to reduce the chance of slipping. There are lockers available for personal use with locks already built in. Please bring your own towel as the facility does not provide them.

**Fee:** You can either pay your co-payment or co-insurance by phone or by mail with a credit card or in person at one of our two office locations. We accept checks, Visa, MasterCard and Discover.

**What is Aquatic Therapy?**

Aquatic Therapy consists of a combination of low-impact exercise that utilizes resistance (current flow) to help relax the body and provide gentle relief. The programs are designed to meet the specific needs of each patient and all of the exercises are performed in a temped pool under the direction and supervision of a physical therapist. Some benefits of aquatic therapy supported by research include:

- Decreased rehabilitation time if program is started early
- Reduced joint compression forces
- Increased spinal and peripheral joint range of motion
- Increased circulation and promotion of healing
- Reduced anxiety and increased feeling of well-being