



## Aquatic Therapy Information

*Please Read Carefully*

**When:** Tuesday and Thursday mornings (appointments available 8am-10am)

**Where:** Lansdowne Resort Health Club Indoor Pool Facility, 44050 Woodridge Parkway, Lansdowne, VA 20176

**Directions:**

**From Leesburg:** Take Route 7 East. Take the VA-2400 North exit toward Lansdowne Blvd/Lansdowne. Keep left to merge onto VA-2400 North/Lansdowne Blvd. Turn right onto Woodridge Parkway. Turn left at the first cross-street at Deerfield Avenue into Lansdowne Resort (if you see the entrance to Lansdowne Woods you have gone too far). Make your second left into the parking area (you will want to park in the lots near the tennis courts and outdoor pool). The indoor pool is located in the resort on the far left side. Follow the signs to the Health Club.

**From Sterling and points east:** From the Dulles Toll Road (Route 267 West), take exit 9B to merge onto VA-28 North towards Sterling. Stay in the left 2 lanes to take the VA-7 West exit towards Leesburg/Winchester. Merge onto VA-7 West. Turn right onto Ashburn Village Boulevard. Turn left at the first cross-street onto Riverside Pkwy. Turn right onto Deerfield Avenue. Continue straight into Lansdowne Resort. Make your second left into the parking area (you will want to park in the lots near the tennis courts and outdoor pool). The indoor pool is located in the resort on the far left side. Follow the signs to the Health Club.

**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. You may get a key for the lockers and sign-in at the desk. The resort provides towels.

**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