

Elite Aquatic Therapy

Driving Directions:

Hilton Garden Inn

1 Thurber Street
Warwick, RI 02886

Coming from Massachusetts (North)

- From I-95 South, Take exit 13 to T.F. Green Airport
- Take 1st Exit from the airport connector to Jefferson Blvd.
- Turn left onto Jefferson Blvd.
- Continue .25 miles and the hotel is on the left, on the corner of Jefferson Blvd. and Thurber St.

Coming from Connecticut (South)

- From I-95 North, take exit 13 to T.F. Green Airport
- Take 1st Exit from the airport connector to Jefferson Blvd.
- Turn left onto Jefferson Blvd.
- Continue .25 miles and the hotel is on the left, on the corner of Jefferson Blvd. and Thurber St.

Atria Place

612 George Washington Highway
Lincoln, RI 02865

Coming from Massachusetts (North)

- From 295 South, take exit 9A to 146 South towards Lincoln.
- Continue to route 116 South.
- Follow to Route 116 South/Smithfield and the destination is about 1 mile ahead on the right.

Coming from Providence (South)

- From 95 North take exit 23 for RI-146 toward US-44/Woonsocket/State Offices.

- Take the exit for RI-116 towards Lincoln/Smithfield.
- Turn right onto RI-116. The destination is about 1 mile ahead on the right.

La Quinta

4 Universal Blvd.

Coventry, RI 02816

Coming from Massachusetts (North)

- From I-95 South take exit 7 towards West Warwick/Coventry.
- Turn right off the exit onto New London Turnpike.
- Use the left two lanes to turn onto Centre of New England Boulevard.
- Take a right at the stop light after BJ's. The destination is located between BJ's and Home Depot.

Coming from Connecticut (South)

- From I-95 North take exit 7 towards West Warwick/Coventry.
- Turn left off the exit onto New London Turnpike.
- Use the left two lanes to turn onto Centre of New England Boulevard.
- Take a right at the stop light after BJ's. The destination is located between BJ's and Home Depot.

ELITE AQUATIC THERAPY

Frequently Asked Questions

- **Do I need a new prescription from my doctor?**
 - No, Aquatic Therapy is a modality used in addition to regular Physical Therapy.
- **How can I get started with Aquatic Therapy?**
 - If you feel you would benefit from Aquatic Therapy, talk with your physical therapist or doctor. They can refer you to the pool.
- **Does Aquatic Therapy cost more?**
 - Occasionally there is a difference in cost, however the majority of the time it is the same as your normal co-pay. Co-pays are not collected at the pool, so please be sure to pay in the office.
- **Will Aquatic Therapy be enough to help me?**
 - Yes, the pool provides a different type of resistance than that is used during land therapy. Aquatic Therapy will allow your body to move freely through the water without the effects of gravity.
- **If I am not a good swimmer, does it mean I cannot do Aquatic Therapy?**
 - No swimming is involved in Aquatic Therapy. We perform exercises within a variety of depths of water, but the majority of the time will be with your feet securely on the ground.
- **I have trouble with stairs. Can I get in and out of the pool?**
 - Yes, we work with you to help you in and out of the pool. In addition, if needed, we have chair lifts that can assist you in and out of the water. The lift holds up to 300lbs.
- **Is there a far walk to the pool?**
 - The parking lot to the pool is approximately 200 feet. There is a side door that we utilize only for individuals that are unable to walk this distance.
- **What if I don't own a bathing suit?**
 - Bathing suits are not required; please wear something you are comfortable getting wet in. If you get cold easily a shirt is recommended over your bathing suit.

- **What do I need to bring to Aquatic Therapy?**
 - We ask that you bring a towel. Water shoes or flip-flops are optional. It is suggested to wear your bathing suit, with appropriate clothing over. At the hotel there are no changing rooms or locker rooms, however there is a bathroom if needed. Also, there is a shower in the pool area if anyone wishes to rinse off after. We do ask that you limit any lotions or oils you may use to keep the water as clean as possible.
- **Is this a group session or one-on-one?**
 - Aquatic Therapy is a group session. However, we strive to meet each of your needs as a patient. Despite being a group therapy, you will receive personal attention as well as modification to your exercise list according to your needs.
- **How cold is the water?**
 - The water temperature is set at 86 degrees F which is optimal for exercise needs.
- **How long is each appointment?**
 - On average each appointment will last between 30-45 minutes. However we ask that you plan accordingly and give yourself enough time to change as needed.

Types of Aquatic Therapy Offered

General Orthopedic: This consists of strengthening, stabilizing, and improving balance and control within the water. It can be performed in a variety of depths and all levels of individuals. This type of therapy is great for individuals with ankle sprains, pregnancy, back or shoulder injuries.

Backhab: This is an integrated program utilized to coordinate whole body movements while fixing the problem area. It is a walking program to help improve mobility, coordination, balance, strength and endurance. Individuals with MS, back injuries, gait deficits, and balance problems benefit from this program.

Ai Chi: This is a calming relaxation program. It utilizes a combination of deep breathing and slow broad movements to improve flexibility, mobility, diaphragmatic breathing and to reduce stress and anxiety. This program is ideal for individuals with fibromyalgia, highly stressed and over-challenged patients.

Aquastretch: This new form of therapy works to break down fascial adhesions that inhibit flexibility, muscle tension and pain. This utilizes movement in a variety of depths to release restrictions. This is ideal for individuals with chronic pain, surgical patients within 3 months, and those with restrictions due to scar tissue.

Warrior Based Program: This is an interval training program designed to help high level athletes and military return to activity. It provides a cross training option to accelerate healing and return to prior activities.

Burdenko: This program combines specific, core-centric exercises to help develop balance, coordination, flexibility, endurance, speed, and strength. This method focuses on developing a balanced body and incorporates the natural resistance of the water to build core strength, range of motion, and flexibility.

Patient Checklist

The following checklist will assist you in preparing for your visit:

- I have reviewed the information packet for important information.
- I have an outfit to wear into the pool (bathing suit, shirt/shorts, water shoes) and towel. If I have difficulty changing I will come with my bathing suit under my outfit.
- I have rinsed off prior to coming to the pool.
- I have verified my appointment time and plan to arrive at least 15 minutes prior to my scheduled appointment. I have called the office at (401)-615-3140 to change my appointment time if needed.
- I have directions to the pool facility (not the Elite office) where my appointment will be held.
- I have a cane or assistive device (if used) to bring to the pool for safety.
- I have received a note from my oncologist, pulmonologist or cardiologist (for heart or lung conditions or if I have a history of cancer) for approval to utilize the hot tub.
- I have paid my copay/coinsurance at one of the Elite Physical Therapy locations.