Who can take advantage of Gaylord’s Aquatic Therapy program?
Ask your physician if you would benefit from an individualized Aquatic Therapy program or call Gaylord at (203) 284-2888 for more information.

Do I need to be a good swimmer to participate in Aquatic Therapy?
No. The ability to swim is not necessary.

When are services available?
Aquatic therapy is available Monday through Friday by appointment at the North Haven and Wallingford campuses. Aquacize, our community aquatic exercise program, is available Monday through Saturday in Wallingford.

Will my medical insurance cover services?
Aquatic therapy is covered by most commercial insurances, as well as Medicare and Medicaid. Gaylord staff will work with you to verify benefit coverage or to discuss treatment costs that may not be covered by insurance.

What else does Gaylord Specialty Healthcare offer?
Gaylord Hospital is a specialty hospital that provides inpatient care for complex medical patients needing intensive rehabilitation.

Gaylord Outpatient Services provide physiatry (physical medicine and rehabilitation physicians), physical, occupational and speech therapies, as well as audiology, nutrition and wheelchair assessment services. Gaylord Center for Brain Health offers psychology, neuropsychology and concussion care. Gaylord sponsors support groups and can provide recommendations when prosthetics, orthotics and rehabilitation equipment are required.

Referrals and Appointments
Appointment requests are available online at outpatientscheduling@gaylord.org or by calling the number below. For more information on services and locations, visit us at www.gaylord.org.

Locations
Gaylord Hospital and Gaylord Outpatient Services
50 Gaylord Farm Road
Wallingford, CT 06492
(203) 284-2888 Referrals
(203) 741-3440 Pool Office
(203) 294-8705 Fax
www.gaylord.org

Gaylord Physical Therapy Orthopedics and Sports Medicine
8 Devine Street
North Haven, CT 06473
(203) 230-9226 Appointments
(203) 294-8705 Fax
www.rehabwithapro.org
The Gaylord Advantage

- Gaylord’s Aquatic Therapy program is coordinated by registered physical and occupational therapists with advanced training in aquatic therapy techniques.

- Gaylord’s pool in Wallingford is equipped with a ceiling lift for patients who require assistance entering the water and accommodates bariatric patients.

- Gaylord’s Wallingford campus features a state-of-the-art therapeutic pool and locker room, specially designed for people with disabilities. The 75- by 25-foot therapeutic pool offers stairs and rails, a hydraulic lift, and a two-foot wide ledge for wheelchair access, making it accessible to people of all abilities. Sessions are supervised by a therapist and lifeguard.

- Gaylord Physical Therapy Orthopedics and Sports Medicine in North Haven, a joint venture with Healthtrax Wellness & Fitness, includes two pools for therapy sessions under the supervision of a licensed therapist.

- Each Gaylord facility is additionally equipped with a co-ed family changing area.

Aquatic Therapy

An initial evaluation will be conducted on land. Your therapist will discuss the findings and determine how aquatic therapy may help you meet your goals. For patients with neurological diagnoses, your therapist will be in the water with you during your session. For orthopedic patients, your therapist will demonstrate the techniques being used from the pool deck.

The ability to swim independently is not necessary to participate in aquatic therapy.

Aquatic therapy is often recommended for people recovering from:

- Orthopedic injuries or knee/hip replacements
- Fractures or amputations
- Chronic pain
- Stroke or brain injury
- Sports-related injuries
- Osteoarthritis
- Rheumatic disorders
- Spinal cord injury
- Multiple sclerosis or post-polio syndrome
- Pulmonary disease or disorders
- Cardiac disorders
- Other neurological disorders

What is Aquacize?

Aquacize is a community aquatic exercise program for people of all ages with disabilities, people who require aquatic exercise per their physician recommendation, or those over 65 years of age. The program offers independent use of the pool, supervised by a certified lifeguard during designated hours Monday through Saturday at the Wallingford campus. Call the Pool Office at (203) 741-3440 for a current schedule and an application.

Water offers a safe, cushioning environment for people with various injuries and disabilities, since the physical properties of water diminish the effects of gravity. Our programs include instruction for individualized therapy for each participant.

Therapy sessions may include:

- Strengthening and flexibility exercises
- Pain reduction
- Endurance training
- Gait training
- Relaxation
- Modified swimming instruction
- Balance and coordination activities

www.gaylord.org

Gaylord is proud to be a certified Arthritis Foundation Aquatic Center