Wave Hits the Web and other fantastic stuff!

First and foremost we would like to welcome you back to the pool after what we hope was a peaceful holiday break. For those who have been on long travels we welcome you home and for those with family visiting for the holidays we hope your time was filled with joy.

The start of 2011 brings much joy to the staff of Wave Therapies. We are now a greatly improved web presence! This site provides information to the public on aquatic physical therapy and our practice specifically. Additionally, you can download any forms you may need and bring in to your sessions. This has been a project long in the works and we are thankful that it is now reality. Thanks to Ted Baker Designs for their time in making this happen.

2011 also brings us the opportunity to share an educational opportunity with our staff and community. We are looking to host an adult and possibly child/infant CPR course this winter. This course will be taught by Jennifer Martyn, PT who, when not wearing a few other hats, is a certified Red Cross CPR/First Aid Instructor. If this is something you are interested in please email Jennifer with preferred days and if you are interested in an adult or infant/child course.

If you have other ideas regarding how Wave can improve your rehab experience or educational needs please talk with your therapist. Thank you for your input—it is greatly appreciated.

Staff Comings and Goings

I am very excited to welcome Jennifer Gutierrez, PT to our practice. She brings a wealth of aquatic experience, energy and enthusiasm for her clients. She will be working on Thursdays and soon on Mondays. Yes, having 2 Jennifers that wear “loud” swimsuits is confusing but so far there has not been too much confusion.

I believe that all the Friday clients have noticed that Krista Torseth, MSPT has left us, quite ready to have her son. As of the writing of this bulletin she had not had the baby yet but we will update you in the next bulletin.
The beginning of the year often brings about many insurance changes and this year is no different. For our clients who utilize DSHS services, there has been a good deal of confusion regarding adult coverage. As of 12-17-10 the State has said PT services ARE covered. This is not what was originally published but is the latest information. We are, until otherwise notified, planning on providing adult PT services to those with DSHS at the 2010 level of 48 units. There has been no changes, to the best of our knowledge, to the coverage for those under 21.

For those utilizing private insurance companies (Aetna, Premera, etc.) please make sure that your coverage, company or limitations have not changed in 2011. Most notable among this group is for those who have been clients of Uniform Medical. In 2011, Regence will be your provider and you will be getting new cards.

For all those with new cards (private or ProviderOne) please make sure you get a copy of that to your therapist.

If you would prefer to fax it into the office, you can do that at 425-868-9922. Certainly if you have any questions about this please contact Jennifer. Thank you for your assistance in making this annual transition a smooth one.

Need to contact

Wave Therapies?

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Aquatic Exercise Programs

Many of our clients take advantage of our work in a community pool by coming in on their own or with a family member at other times during the week. We encourage this of our clients as the more time you can be in the water working on your exercises or activities the faster you will progress towards your end goals.

As part of our services, your therapist will write up your exercise program and will print and laminate it for you. If you would like this and have not received one yet please talk to your therapist and one will be assembled for you. Please note that when you come outside of scheduled therapy times you will need to pay the entrance fee at the front desk. They have several plans to make this as affordable as possible.

Please remember to shower...

What is the one thing you can do that affects your skin health and the chemical levels in the pool? That is right, taking a soap shower before getting in the pool!

The soap affects the oils on your skin and does not allow the chlorine to bond with it, diminishing potential itching from the chemicals.

Getting those oils off your skin also keeps them out of the pool which affects the chemical levels in the pool—making the water “more natural” for all the swimmers.

We understand that showers are sometimes forgotten, sometimes inconvenient and sometimes not possible due to supporting equipment that is not available at the pool.

Prior to your session, please shower off in the locker room or family changing rooms and then come out and start your session.

Still having some chemical itching issues? We recommend drinking water during and after your session, taking a good, soap shower after your session and applying lotion or body oil after your shower. Certainly if you have any questions about this policy please talk with your therapist.