



**Crescenta
Canada
Family YMCA**
1930 Foothill Blvd.



USC Verdugo Hills Hospital

Keck Medicine of USC

Aquatic Physical Therapy



USC Verdugo Hills Hospital

Keck Medicine of USC

**Physical Medicine and
Rehabilitation Department**

1812 Verdugo Blvd.
Glendale, CA 91208
(818) 952-2294

AQUATIC PHYSICAL THERAPY

USC Verdugo Hills Hospital (USC VHH) offers Aquatic Physical Therapy Services at) through a community partnership with the Crescenta-Canada Family YMCA (YMCA). Aquatic Therapy Services will be provided by specially trained physical therapists in a comfortable and friendly environment. Crescenta-Canada Family YMCA is conveniently located in La Canada, less than one mile away from USC Verdugo Hills Hospital.

The first appointment will be held at USC VHH in the Physical Medicine and Rehabilitation Department. Patients should plan to arrive approximately 30 minutes early. After the physical therapy evaluation is completed, the physical therapist will collaborate with the patient to develop a customized treatment plan. This treatment plan may be inclusive of both land-based and aquatic therapy services. All land-based appointments will take place at USC VHH. All aquatic therapy sessions will take place at the YMCA training pool.

Aquatic Therapy services will be available:

Tuesdays and Thursdays

7:00 a.m. - 9:00a.m.

12:00p.m. -2:00p.m.



STEPS AT THE CRESCENTA-CANADA FAMILY YMCA

For the first appointment at the YMCA, the patient will be required to complete and sign a one-time waiver. However, if the patient is an existing member of the Crescenta-Canada Family YMCA, the patient will swipe their membership card upon entrance. Afterwards, the patient will proceed to the locker room to change and shower before entering the pool area. The patient will be greeted by their physical therapist upon entering the training pool.

Patients should arrive at least 30 minutes prior to their appointment.

