



We are proud to offer a wide variety of rehabilitative services at our satellite facility inside Brick Bodies – Reisterstown, including land based therapeutic exercise and aquatic therapy. Please be aware that not all patients and conditions are well suited to treatment in the health club environment and, with our patients' best interests in mind, appointments will be scheduled at the therapist's discretion. If you are interested in the treatment options available at our satellite office, our therapists will be happy to discuss your individual plan of care with you during your initial evaluation.

Ask your therapist about getting a free trial membership!



Charter Physical Therapy, LLC®
Setting Your Course for Recovery and Wellness



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Chartley Shopping Center
Reisterstown, MD 21136
www.charterpt.com

Main: 410-526-5307

Satellite: 410-833-6616

Welcome!

Land Therapy

For our land based therapy appointments at Brick Bodies, we have access to all of the gym equipment and some of our own. Our goal is to transition you into an independent program that you can do on your own, reinforce the changes made during therapy, and help you progress toward total body wellness.

If you are scheduled for a regular land appointment, we recommend that you bring:

- Appropriate work out clothes
- Water bottle (if desired)
- Comfortable athletic shoes
- Combination or key lock (if desired)



Important Information for All Patients

Membership is not required to be treated at our Brick Bodies satellite office. When you arrive for your appointment, please proceed to our front office, located across from the main service desk. If you still aren't sure where to go, just ask one of the Brick Bodies employees at the desk and they can point you in the right direction.

The therapist or a technician will check you in, collect your copayment, and handle any other clerical matters.

Changing facilities are available for your convenience. Please allow plenty of time to get ready prior to your scheduled appointment time. You are welcome to use the locker room showers after your appointment if you wish to do so.

Treatment times may vary, but you should budget at least 30 minutes for a land appointment and 1 hour for aquatic treatments.

Please do not use any equipment or get into the pool until the therapist or technician is ready to supervise you.



Aquatic Therapy

We offer group aquatic therapy to meet a myriad of therapeutic needs. The therapy pool is heated to a comfortable 91° and is approximately 4 feet deep. Because the pool uses a saltwater chlorine generation system, we ask that you shower prior to entering the pool to prevent skin irritation.

If you are scheduled for aquatics, we recommend that you bring:

- Appropriate swim attire
- A towel
- Flip-flops or other water-resistant shoes
- Combination or key lock (if desired)