



## Atlantic Club Policy Statement

If you are not a member of The Atlantic Club, you may not use the club facilities at any time other than when you are here for your physical therapy appointment. This applies even if you have placed your membership on hold.

- When you are out on the fitness floor, you must be accompanied by one of our exercise specialists and have your exercise sheet with you.
- You must sign in at Crest and check with the physical therapist before going into the gym to begin any exercises. It is imperative that your physical therapist knows you are here before you warm up or begin any exercises.
- You may use only the exercise equipment that has been prescribed for you by one of our physical therapists and you must be instructed in the proper use of the equipment by our exercise specialists.
- DO NOT increase the weight on any machine without first speaking to your therapist.
- Pool Therapy patients must sign in at Crest before going to the pool. Be sure you schedule your next pool therapy appointment; do not assume that we know you will be here.
- Please be courteous to The Atlantic Club's front desk and sign in there if you are asked to do so.
- Please be considerate of the therapists and other patients. Make every effort to be on time for all appointments.

We ask that you please adhere to these rules so that we can ensure your safety. We, the staff of Crest Physical Therapy, thank you for your understanding and cooperation.

**By signing below you are stating that you have read and understand this form:**

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PRINT NAME

If you are interested in information about membership in The Atlantic Club and their special programs for Crest patients, please inquire at the club's front desk or fill in your name and address here.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**OFFICE USE ONLY**

**Intake Reviewed by:** \_\_\_\_\_ **Date:** \_\_\_\_\_