



CAITLIN C. DIMARCO  
Clinical Exercise Physiologist

To Whom It May Concern:

I am writing on behalf of my patient, Thomas B. D'Agostino, to document the medical necessity of a swimming pool for the treatment of Lumbago (Low Back Pain), with compromised Activity of Daily Living (ADL). This letter provides information about the patient's history and a statement summarizing my treatment rationale.

Patient's History:

I have been working with Tom for 2 years now as his Exercise Physiologist. When we first started his exercise prescription, his mobility levels were extremely limited. He could not tolerate any exercises/modes of training for his cardiovascular health and mobility. His back pain also had limited his daily activities such as walking, tying shoes, reaching up in a closet for hanging cloths, sitting, standing, and getting into and out of a car.

Swimming was the only exercise Tom could engage in without pain. This pain if left untreated causes increasing immobilization. Because travel is difficult for him, coupled with the COVID-19 restrictions, access to a swimming pool on his own property is essential for him to maintain his ADL. To note, his low back pain and attendant compromised mobility has returned because of a lack of access to a swimming pool. He is currently experiencing pain, limiting his ADL activity, e.g., sitting to standing.

Treatment Rationale:

I am recommending a swimming pool with easy access for daily, frequent exercise for the treatment of this patient's condition.

Summary:

In summary, a swimming pool with easy and frequent, daily access is medically necessary for this patient's medical condition. Please contact me if any additional information is required.

Sincerely,

*Caitlin C DiMarco*

Exercise Physiologist  
January 27, 2021