



AQUATIC PHYSICAL THERAPY INFORMATION

- Welcome to our Aquatic Therapy Program! Your first appointment will be an evaluation only, you will not be getting in the pool at this visit. At this appointment your therapist will design an aquatic program to personally fit your needs and give you a tour of the facilities. Swimming skills are not necessary for participation in the aquatic program.
- The pool is kept at a very comfortable 90 degrees, and is 4 to 6 feet deep.
- We have a hydraulic chair lift that can enable us to safely get you in and out of the water if necessary the lift has a weight limit of up to 350lbs.
- In order to be changed and be ready for your therapy, **please arrive 10-15 minutes early to your appointment. No need to arrive early if you do not need to change.**
- You will be brought back to the pool area after signing in at the front desk. **If you have any lotion, perfume or oil on your skin we ask that you rinse off in our shower before entering the pool.**
- You will need to **bring your own towel**. If you forget your towel we will provide you with one to use that day. Watershoes or some type of slip-on shoe is recommended **NO BLACK SOLES PLEASE!!!**
- Women should wear a **freshly washed** one-piece bathing suit or a tankini style bathing suit. If you don't have a bathing suit you can wear shorts and a dark colored t-shirt. If you only have a bikini, please wear a t-shirt cover up. Men should wear **freshly washed** shorts-style bathing suit. Changing area and shower are available in the aquatic area bathroom. Bathing suits not washed after being in a lake or ocean can cause black algae in the pool.
- Store your personal items in cubicles right outside the bathroom, plastic bags for your wet items are provided.
- Contacts, glasses and hearing aids may be worn in the pool, as you will not be going under the water, but this will be at your discretion.
- There may be other people in the water with you. Please respect each others' privacy and **do not ask the therapist or patients why they are being treated.**
- You will **not be allowed in the pool if you have an open cut/wound or unhealed surgery incision.** Unfortunately we are unable to facilitate patients with a urinary catheter in the aquatic program.
- **DUE TO SAFETY REASONS NO CHILDREN ARE ALLOWED IN THE POOL AREA. NO EXCEPTIONS.**