



Welcome to Aquatic Physical Therapy

WHAT YOU NEED TO KNOW

- The pool is kept at 88 degrees, and is 4 to 4½ feet deep.
- Swimming skills are not necessary for participation.
- In order to be changed, showered, and ready for your therapy, plan to **arrive 5-10 minutes early.**
- You will be brought back to the pool area by an aide after signing in at the front desk.
- Bathing suits are required. No bikinis please.
- You will need to **bring your own towel** to each visit. If you forgot one, we will provide you with one to use that day.
- Changing areas are available at the pool and in the bathrooms.
- Store your clothing in unlocked lockers in the restroom or on the shelves in the pool area. **Bring anything of value to the pool deck.**
- 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.
- **You will need to shower off before entering the pool.** The shower is located in the pool area.
- The pool deck is generally not slippery, but the tile in the bathroom is if you are wet. For this reason, you should **dry off as much as possible on the pool deck** prior to entering the bathroom.
- There will probably 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. Inspect your skin prior to leaving home for your appointment.**

I look forward to seeing you in the pool!
Beth Hibert, MPT, ATRIC
Director of Aquatic Therapy