



**NCEPT**  
REVIVE AND THRIVE

## Welcome to Aquatic Physical Therapy WHAT YOU NEED TO KNOW

- The pool is kept at 88 degrees, and is 4 to 4 1/2 feet deep. It is cleaned and maintained twice weekly by a professional pool specialist.
- Swimming skills are not necessary for participation.
- Patients are not allowed in the pool if the therapist is not in the pool vicinity.
- In order to be changed, showered, and ready for your therapy, plan to arrive 5-10 minutes early. Please do not enter the pool area more than 10 minutes before your scheduled appointment time.
- At your first appointment, you will be brought back to the pool area by an aide after signing in at the front desk. After your first appointment, you may go back on your own after signing in at the front desk.
- Bathing suits are required. Please wear appropriate swim attire. Street clothes are not allowed in the pool.
- Swim attire will fade over time due to chlorine exposure. We recommend purchasing chlorine-resistant swim wear if you are concerned about this.
- You will need to bring your own towel to each visit.
- Changing areas are available at the pool and in the bathrooms.
- 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.
- Valuable jewelry should not be worn in the pool because the chlorine may alter or ruin jewelry.
- You will need to shower off before entering the pool. The shower is located in the pool area. You may bring body wash to rinse off following PT sessions, but body wash will not be provided.
- 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 most likely 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.
- Patients must be fully continent of bowel and bladder to participate in aquatic therapy.
- 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.

Aquatic Therapists:  
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