



## **Aquatic Physical Therapy Guidelines**

The pool physical therapy program has been designed to work in conjunction with your land therapy as an integral part of your rehabilitation process. Your full and active participation in this aspect of your care is vital to receive the maximum possible outcome from rehabilitation. Please read the following for your information and safety.

1. Please arrive to your appointment 10 to 15 minutes early in order to assure sufficient time to find the locker room, change, take a soapy shower, and be on the pool deck at the time of your appointment.
2. Locks are **not** provided at all sites except Cambridge. Please bring a lock for valuables.
3. A swimsuit is appropriate attire; however, a clean t-shirt and shorts can be worn into the pool. You may also want to bring a swim cap although most of our therapy will be done in the upright, vertical position. Pool shoes or sandals are required for the pool deck to promote safety. Goggles, masks, snorkels, or earplugs will most likely not be necessary.
4. We ask that you not wear any perfume, body lotions, or deodorant to the session as this will add oils to the pool and increase down time for pool cleaning. You must take a soapy shower before entering the pool – this is a State Law and must be adhered to without exceptions.
5. Meet your therapist on the pool deck. Do not wait for your therapist in the locker room or lobby unless pre-arranged by your therapist.
6. Do not enter the pool unless the therapist is present. You may coordinate with the therapist that you will begin your exercise program early, but do not do so unless discussed with your therapist.
7. Please mention to your therapist any fears you have of the water and be comforted to know you will be attended to at all times during your sessions by your therapist. You do not need to know how to swim in order to participate in the aquatics program. Any allergies or reactions that are water related (ie. blood pressure, respiratory problems, rashes, or other skin problems) should be brought to the attention of your therapist. Further, any person with sores, incontinence issues, any evidence of skin disease, or wearing a bandage / medical dressing of any kind *will be unable to enter the pool*.

Finally, come ready for fun!! The pool is a very calm environment, but you will be working hard to achieve the goal set for your rehabilitation. Please address any questions or concerns with your therapist or the clinic director at (617) 730-5337.

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***Making life better...one patient at a time***

Brookline  
(617) 730 – 5337

Waltham

Cambridge  
(877) GET – BACK

Danvers

Newton  
Fax (617) 730 – 5461