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## Aquatic Therapy Information

Aquatic Therapy is beneficial for many different reasons. Patients often feel decreased pain when in the warm water because it helps support body weight and the warmth helps to relax their muscles. Strengthening and flexibility exercises are often easier to tolerate based on this supportive environment. Balance and coordination exercises can be performed safely and easily in the pool. There are many other benefits of Aquatic Therapy that you can discuss with your Physical Therapist.

Each patient is evaluated on land prior to initiating Aquatic Therapy. Then, an individualized treatment program with a specific plan and goals designed and implemented based upon the results of the evaluation.

The primary goal of Aquatic Therapy is to become independent with an appropriate aquatic therapy exercise program that can be continued safely after discharge or progressed to a land-based program.

### **What to bring to Aquatic Therapy**

- A bathing suit is preferred but you may wear a t-shirt and shorts if needed. A changing room and towel is provided.

It is important that you arrive 15 minutes prior to your appointment time in order to change into the appropriate swim attire. If not, your session may be shortened.

### **Pool Safety Guidelines**

- Always wait for a Physical therapist before entering the pool. Never enter the pool on your own.
- Always exit the pool slowly by walking up the steps and sitting on the ledge of the pool. The warmth of the pool and the pressure from the water helps with your circulation; however, you should exit slowly to give your body time to adjust to change in environment.
- Report any change in symptoms to your Physical Therapist, for example, an unusual increase in pain, shortness of breath, chest pain or dizziness.
- Please see list of contraindications (below) for Aquatic Therapy. You must sign that you do not have any of these contraindication prior to beginning Aquatic Therapy.



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## Valdosta Physical Therapy. Inc.

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**You may NOT participate in Aquatic Therapy if you have any of the following:**

- Fever
- Bowel or bladder incontinence
- Open wounds, incisions, or skin lesions/infections that are oozing or bleeding
- Blistering
- Boils
- Infectious processes such as hepatitis A, Strep throat, vaginal or urinary infection, staphylococcus infection or other communicable diseases
- Uncontrolled seizure disorder
- Uncontrolled cardiac problems
- Acute lung infection
- Catheters or IV lines
- Tracheotomies
- Menstruation (unless internal protection is used)
- Excessively high or low blood pressure
- Extreme fear, inappropriate or disruptive behaviors

*Also note: It is your responsibility to immediately report any changes to your health that might affect your ability to complete Aquatic Therapy. Valdosta Physical Therapy staff reserves the right to cancel Aquatic Therapy at any time if any of the above is confirmed or suspected. Thank you for your understanding.*

Please sign below to confirm that you have read the aquatic therapy information and do not have any of the symptoms listed above:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_