

# MOUNTAIN VALLEY THERAPY

## Pool Therapy Information

Water therapy is a wonderful complement to your physical therapy treatment. It can ease loads on joints, relax muscles, allow for comfortable exercise and help with balance. We have our own therapy pool designed specifically for therapy needs. One of our staff can assist you in or out of the pool if needed, either using stairs or a lift chair. We are unable to assist you in the locker room. If you need assistance getting changing or showering please discuss this with your primary PT. You are responsible to bring someone with you to help you either in the locker room or we have a coed space beside the pool for help with opposite sex. Pool therapy visits typically are 45 minutes long with one-on-one attention from one of our staff. We want all of our pool patients to have a safe, therapeutic experience.

### What to bring:

- Towel or two
- Change of clothes (if desired)
- Lock if you need to lock a locker
- Deck shoes- no slip pool shoes. If you have problems with balance, you may need to wear sturdy tennis shoes to get from the locker room to the pool.
- Cane, walker or other walking device to help you get from the locker area to the pool.
- Emergency medications (for example asthma medication, diabetic medication, nitroglycerine) should be brought to the poolside and **YOUR THERAPIST SHOULD BE ALERTED TO MEDICATION LOCATION.**

### Instructions:

- Your appointment is at the time shown on your list. If it states 11:45, you will be seen at 11:45, not 11:00
- Please arrive for the pool at least 10-15 minutes prior to your scheduled appointment so you can change into your swimwear and shower and be poolside at your scheduled appointment time
- Please sign in at the therapy front desk and wait for one of our staff members who will then escort you to the locker room.
- **YOU MUST SHOWER BEFORE ENTERING THE POOL.**
- Please wait for your therapist in the pool area or have a seat on the bench before you enter the pool. **DO NOT ENTER THE POOL WITHOUT A STAFF MEMBER PRESENT.**
- Sauna is for fitness members only.
- If you are diabetic or have blood sugar problems, eat prior to your pool appointment.
- It is also important to drink water after your pool session as being in the water may cause dehydration.

### Do Not Come to the Pool If You:

- Have **had diarrhea** within the last 2 weeks
- Feel ill
- Have a fever
- **Have an open wound.** Small wounds or small openings in your incisions may be covered with a special bandage provided by your therapist. PLEASE CONSULT WITH YOUR THERAPIST BEFORE YOUR POOL APPOINTMENT IF YOU HAVE ANY OPEN SKIN AREAS
- **HAVE INCONTINENCE** (LOSS OF URINE OR FECES)-talk to your therapist.
- **Have vomited** within the last 24 hours.

**THE SAUNA IS FOR FITNESS MEMBERS ONLY. PLEASE DO NOT USE.**