



PINAMONTI

physical therapy and wellness center

Aquatic Therapy Policies & Procedures

Arrival

- Please arrive at least 15 minutes early to allow enough time to check-in, change clothes, and ready yourself for the pool.
- Please check-in at the therapy desk by entering through the EAST doors.
- Someone at the therapy desk will accompany you to the Wellness Center locker rooms. A locker will be provided for your belongings during your therapy session.

Locker Rooms

- Lockers are provided and located in the Wellness Center for the use of patients coming into the therapy pool.
- Showers are located within the locker room area. Please shower before and after your therapy session.
- It is required to shower before entering the pool, to prevent skin oils and lotions from interfering with the chemical balance of the water. Showering is also recommended after pool session to prevent any possible skin irritations.

Clothing

- Conservative bathing suit must be worn at all times. Please avoid wearing a two-piece bathing suit unless you have a non-cotton shirt to wear over the suit.
- Please keep in mind that you will be exercising in the pool, potentially vigorously,
 - Men: Tie your draw strings.

- Women: mind the straps on your suits
- All clothing must be of non-cotton fabric. Cotton gives off a lot of lint and will clog the filtration system.
- Please remove all jewelry before entering the water.
- Aqua shoes maybe preferable for walking on the treadmill.
- Don't forget to bring a towel.

Pool Expectations

- The temperature of the pool is kept at approximately 92 deg.
- Please be sure to come to the pool well hydrated. Bring a bottle of water with you that you can keep poolside.
- The pressure of the water on your body forces water out of the tissues and into the bloodstream. You may experience the urge to urinate more frequently. Please use the restroom for this, not the pool.
- Please inform the physical therapist if you feel ill before, during, or after your session.