



Rehab Services

Physical
Occupational
Speech Therapy

Comprehensive

Orthopedics
Post-Surgical Rehab
Total Spine Care
Return to Work
Inpatient Care
Transitional Care
Aquatic Therapy
Vestibular Rehab
Wound Care
Video Gait Analysis
Orthotic Fabrication
Hand Therapy

Results-Driven

Biomechanical Analysis
Functional Training
Manual Therapy
Evidence-Based
Patient-Centered
Cost-Efficient

Contact Us

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Aquatic Therapy

Patient Instructions

- ❖ You will check in for your appointment at the physical therapy reception desk located in the main lobby, as you do for all other therapy appointments.
- ❖ **Arrive early enough to ensure that you are changed and ready at your appointment time.** If you are early for your appointment, please wait for previous patient to finish their session.
- ❖ There are bathrooms and showers available for changing. **A shower is required prior to entering the pool to remove oils and contaminants. Take special care to shower and clean your personal areas prior to entering the pool.**
- ❖ You may wear a swim suit or comfortable shorts and a shirt (nylon, polypropylene or polyester materials work better than cotton).
- ❖ We recommend you bring your own towel and/or robe, however there will be towels available if you are unable to provide your own.
- ❖ Footwear is recommended with the use of our underwater treadmill and is **required if you have sensory impairments** (diabetic neuropathy or other form of sensory impairment).
 - Aqua-socks or other water footwear
 - Clean prewashed walking or running shoes
- ❖ You will not necessarily need to get your hair wet unless you want to.
- ❖ **You do not need to know how to swim to participate.**
- ❖ Children under the age of 12 must be accompanied with a parent or guardian for the full session.

Aquatic Therapy involves movement in an environment that is fun, challenging and less painful.

Get better using the latest technology and comfortable environment featured at Cascade Medical.