

AQUATIC THERAPY

Items to bring for pool therapy

1. Bathing suit- No cut off shorts, please. We recommend that you put your bathing suit on at home prior to your pool therapy appointment.
2. Please bring your own towel.
3. Pool shoes may be worn in the pool area.
4. Change of clothes.

General Information

1. Please leave all valuables (ie: jewelry, necklaces, watches, etc) at home.
2. The length of each pool session will range from 30-45 minutes. Please be ready to enter the pool at your designated appointment time. **Do not enter the pool without a member of ADAPT Physical Therapy present.**
3. Shower before entering the pool. Pool showers are available for your use.
4. It is recommended that you use the restroom just prior to your appointment.
5. Notify your therapist immediately should you develop a rash or any open sores.

Please complete questionnaire on reverse side

Aquatic Therapy Questionnaire

Patient Name: _____

Bowel or bladder incontinence? Yes No

Any open wounds/ sores or rashes? Yes No

Epilepsy/ seizure disorder? Yes No

Do you have impaired balance? Yes No

Do you have difficulty going up or down stairs? Yes No

Do you have difficulty bearing weight through your leg(s) ? Yes No

How well do you swim? Good Fair Poor Not at all

Swimming skills are not necessary to participate

I will advise the therapist if there is any change in my physical condition, which would alter my response to any of the questions on this form.

Patient signature _____ Date _____