



# WELCOME TO THE AQUATIC THERAPY PROGRAM AT CHRONIC PAIN RECOVERY CENTER

## IMPORTANT INFORMATION ABOUT YOUR AQUATIC THERAPY TREATMENT

### WHAT TO EXPECT

Therapy sessions run 45-60 min in length (Please let your therapist know at the beginning of the session if you have any time constraints)

Water temp. ranges 92-95 degrees

You session may be 1:1 or in a small group

Your treatment has been customized based on your land based evaluation and goals

### WHAT TO WEAR

A swimsuit is best but if you do not have a bathing suit or would prefer, shorts/T-shirt may be worn. It is recommended to arrive wearing your suit under your clothes to maximize your in-pool time.

Private changing areas and small lockers are available poolside.

A non-private shower is available to use to rinse off before and after each pool session. We do request that participants rinse off in this shower before/after aquatic therapy sessions.

### WHAT TO BRING

Towel

Plastic bag for wet suit/clothing

Drinking water in a plastic bottle (treatment in the pool can be dehydrating)

Snack (if diabetic)

Body wash/lotion for after shower

The pool deck can be slippery. If you are not wearing water shoes, we suggest that you wear footwear (e.g. sandals, flip flops) from the changing area to the poolside. If you are a diabetic or have sensation issues which effect your legs/feet, we **STRONGLY RECOMMEND** wearing appropriate foot coverings in the pool.

This sounds funny but if you wear your swim suit under your clothes, don't forget to bring your necessary undergarments to change into after the session.

Your therapist will help you in/out of the pool if needed. Please bring assistance if you need help changing in/out of your bathing suit

### WHAT TO AVOID

Applying lotions and hair gel prior to aquatic therapy session

Chewing Gum/Tobacco products

Hearing aids in the pool

Excessive jewelry/valuables

Please cancel your scheduled aquatic therapy session if you are running a fever or are ill with vomiting or diarrhea.

SEE YOU IN THE POOL!