

- We do provide towels, however, you are welcome to bring your own.
- Shoes are not required, however, you may wear water shoes if you like.
- A \$90.00 fee may be charged for missed appointments that are not canceled 24 hours prior.
- Family and caregivers are more than welcome to observe pool therapy sessions. Please refrain from any distracting activities as a courtesy.
- The ability to swim is not required for Aquatic Therapy. Please let pool therapy staff know of any fear of water or concerns you may have if you cannot swim.

*By following these guidelines we can assure a safe and healthy environment for everyone who participates in Aquatic Therapy.*



***Aquatic Therapy Available at 2 of Our 3 Locations!***

### ***Huntsville Main***

***127 Medical Park Lane  
Huntsville, TX. 77340  
936.294.0283***

### ***Conroe***

***1020 Riverwood Ct. #120  
Conroe, TX. 77430  
936.494.1292***

***Call Today To Schedule Your FREE Consultation!***

***Visit [www.ptaclinic.com](http://www.ptaclinic.com) for more information.***

# **Aquatic Therapy**

**at Physical Therapy Associates**



**A Comfortable Rehabilitation Option**

***Aquatic Therapy is a personalized rehabilitation solution that uses the properties of water to achieve therapeutic goals.***

**Benefiting patients who suffer from:**

Arthritis Pain	Joint Replacement
Low Back Pain	Sports Injuries
Obesity	Difficulty with Walking
Fibromyalgia	Balance Issues
Stroke	Stress
Multiple Sclerosis	Parkinsons
Cerebral Palsy	



## What are the benefits of Aquatic Therapy?



- Therapy in the pool typically enables patients to control body movements in ways that are not possible “on land.”
- The buoyancy of the water decreases the effects of gravity and allows easier, safer and less painful movements.
- The therapeutic temperature of 91-94 degrees relaxes sore or tight muscles.
- The pressure exerted by the water assists with upright support to improve balance.
- Aquatic Therapy promotes deep breathing, cardiovascular and muscular endurance.
- The water adds resistance in all directions, enabling patients to work at various intensity levels to strengthen weak muscles.
- Warm water immersion increases circulation, flexibility & balance & promotes healing & relaxation.

## Everything you need to know to get started!

**Welcome to our Aquatic Therapy Program at Physical Therapy Associates. In order to assure the health & safety of everyone who uses the pool, please read and follow the guidelines below, as set by section 341.064 (f) of the Texas Rules for Swimming Pools and Bath Houses and Texas Administrative Code, Department of State Health Services, Standards for Public Pools and Spas (Chapter 265, sub- chapter L), and the CDC model aquatic health code:**

- PT Associates maintains a public pool permit with the County/City Health Department. Our pool & enclosure are inspected annually & reports are on file in our office for your review.
- Our pool is sanitized with chlorine. Levels are tested at least twice per day. Logs are available for your review.
- Please refrain from using lotions & oils on the skin before entering the pool. These lotions dissolve in the pool water, decreasing sanitation and clouding water. Other patients may also be sensitive to chemicals in these lotions.
- Please shower off before entering the pool. Make sure to rinse all skin & clothing. Let a staff member know if you require assistance. Post therapy shower is a personal preference.
- Please use the restroom before entering the pool. Let therapy staff know if you are incontinent of the bowel or bladder. Only wear aquatic approved incontinence supplies in the pool.
- If you have experienced diarrhea or the stomach flu, that are not side effects of medication, in the last two weeks, please notify a staff member so that we can schedule you for a land visit instead. Patients may not use the pool within two weeks of gastrointestinal illness as per CDC guidelines for public swimming pools and spas.
- Pool attire: You may wear a bathing suit, T shirt and athletic shorts, or whatever you are comfortable in. Please no cut off clothing, including denim.