



## AQUA THERAPY GUIDELINES

**The following is a list of guidelines for all patients receiving aqua therapy services:**

### THINGS TO BRING:

- Swim trunks/suit (The patient may arrive in swim attire, or if dressing at the clinic please arrive early to insure that treatment can begin at scheduled time.)
- Swim/water shoes are required
- Towels
- Change of clothes
- Swim brief/diaper (mandatory if incontinent)
- Ear plugs, if needed
- Grooming items (Soap, shampoo, comb, blow dryer, etc.), if desired

### GUIDELINES TO FOLLOW:

- We ask that parents/caregivers take responsibility for preparing a child for aqua therapy and assisting the child with dressing/grooming after treatment.
- The patient must shower in the locker room before entering the pool area to reduce bacteria in and around the pool. This is included in the preparation responsibilities of the parents/caregivers.
- Therapist will assist parents/caregivers with transfers if needed. i.e.: in/out of wheelchair/shower chair.
- No family or caregivers are allowed to enter the pool or pool area.
- Observation of pool treatment session is allowed, however; due to confidentiality, an appointment must be made in advance.
- The area around the pool may become slippery, so water shoes/sandals with rubber soles are required.
- Any patient who is incontinent must wear a swim brief/diaper.
- All G-tubes, peg tube sites must be covered using a dressing such as tegaderm.

The enclosed release form must be completed and returned prior to aqua therapy participation. Also, we are sending a referral form to the patient's physician for his/her approval and to list any restrictions. If needed, information is available to assist with the ordering/purchasing of tegaderm dressing and/or swim briefs.

We are all excited to assist you or your loved one with the benefits that aqua therapy provides. If you have any questions or concerns, feel free to contact us at 563-241-4230.

Sincerely,  
Comprehensive Rehab Staff