

Do I need a bathing suit or can I wear workout clothes?

You can wear either a bathing suit or shorts/t-shirt. Keep in mind though that when shorts/t-shirts become wet, they actually get a bit heavier making it more difficult to move. There is a changing area and rinse off shower available at the pool.

Are Aquatic Therapy and Aquatic Exercise Classes/Open Pool the same thing?

No.

Aquatic Therapy is part of a Physical Therapy rehabilitation program. We work with your physician, perform an evaluation, determine goals for recovery and create an individualized pool therapy program specific for you. Treatments will be provided by licensed Physical Therapy professionals. Typically, these treatments are covered by insurance; it depends on your specific policy.

How is Aquatic Therapy different than land based Physical Therapy?

The buoyant environment offered in aquatic therapy can provide support, assistance with movement (range of motion) and resistance to movement (strengthening). Additionally, because of the physical properties of water, it can help reduce swelling and the warm water environment combined with movement can improve circulation. Many land based physical therapy techniques including therapeutic exercise and balance training can be performed in the pool but our trained staff is also able to offer specialized aquatic techniques.

Is the pool warm?

Our pool is maintained in a therapeutic temperature range of ~92°. This will allow participants in the aquatic therapy sessions to enjoy the benefits of aquatic exercise without getting too cold.

Is Aquatic Therapy covered by my insurance?

Many insurance companies do cover aquatic therapy intervention. Before starting in the pool, you will participate in a land based physical therapy evaluation where objective measurements will be taken and we will discuss your treatment goals. We recommend that you have a physician's prescription specifying aquatic therapy. As with land based physical therapy, you are responsible for understanding your personal medical coverage. Our billing department is happy to work with you to determine your eligibility for aquatic therapy intervention.

I want aquatic therapy, but I'm terrified of the water. What do I do?

You might be surprised to know how many people are afraid of pools/swimming. Aquatic Therapy may not be for everyone. We are happy to work with you 1:1 to see if we can help you overcome your fear of the water so that you can benefit from aquatic therapy. It is critical that you make your therapist aware of your anxiety before coming to the pool. By so doing, the aquatic therapist can maximize your pool experience and help to minimize your fears.

Do I need to shower before entering the pool?

We request that you do. Perfumes, lotions and colognes leave a lingering smell and taste on the top of the water. Removing excess dirt, oil, and lotions from your body before entering the pool reduces the work load on the filter system and decreases our need to use more chemicals. It will also lessen any skin irritation you may experience. We have a rinse off shower available for your use.

Will I be the only one in the pool during my PT?

Chronic Pain Recovery Center prides itself on individualized patient care. This extends into the pool as well. While participating in Aquatic Therapy, you may be in the pool with other patients but your program will be customized for your individual needs.

I can't swim- can I still benefit from Aquatic Therapy?

Absolutely! You do not need to be able to swim to be successful with aquatic therapy.

Is chlorine/bromine bad for my skin?

Chlorine can dry out your skin and hair. If your skin is oily or acne prone it could be a good thing for your skin. However it can dry you out too much so try to keep an even balance - make sure you condition your hair and use a moisturizing cream for your body and face after you get out of the pool. While you are in the pool- HYDRATE, HYDRATE, HYDRATE. We encourage you to bring plastic water bottle and have it poolside for use during your treatment session. The pool at The Chronic Pain Recovery Center is a bromine pool. We have selected this type of treatment system as many people have less skin sensitivity to bromine and it gives off less of a 'pool smell'.

I have diarrhea, but feel fine, can I get in the pool?

From the CDC website

<http://www.cdc.gov/healthywater/swimming/pools/diarrhea-and-swimming.html>

Diarrhea and swimming don't mix! Diarrhea is the most common recreational water illness (RWI). Swimmers who are sick with diarrhea—or who have been sick in the last two weeks—risk contaminating pool water with germs. Certain germs that cause diarrhea can live from minutes to days in pools, even if the pool is well-maintained. Once the pool has been contaminated, all it takes is for someone to swallow a small amount of pool water to become infected.

Why don't my bathing suits last when I go to a pool?

What is good for public health is not so kind to swimsuit fabric. Even the best maintained pools have to keep chlorine and other chemicals at a high enough level to prevent disease/illness. This has an adverse effect on swimsuit materials. To maximize the life of your suit, here are some recommendations:

- 1) Try to buy a suit made with polyester. Typically this fabric holds up better than lycra and spandex in the long run.
- 2) Invest in a good suit. There are several companies that produce a 'chloroguard' suit which withstands the chemicals better. These suits are often a bit more expensive but they do seem to last longer.
- 3) Make sure to rinse out your suit with plain water as soon as you can after use then hang dry. Never wash your suit in a washing machine. Never, Never use Woolite or any other detergent with your suit and Never, Never, Never put your suit in the dryer.

We have compiled a list of some internet swimsuit providers if you are interested. Ask at the front desk.

Do I need to wear some kind of water shoe while in the pool?

This is a great questions and the answer is MAYBE. In general, we recommend wearing some type of foot covering while walking in the pool area. Pool decks can get quite slippery and water shoes can help with grip. In the pool, some type of foot covering is essential if you are at any risk for skin breakdown or have sensation issues. This is especially true if you are diabetic. Aqua shoes can also help give more support if you are participating in low impact activities. But, be aware, water shoes can also increase your effort in the water and you might have to get used to how they change your balance. If you are not sure about your specific situation, check with your therapist or ask one of the pool staff. We will be happy to help. We can also give you some suggestions as to different types of aquatic footwear from aqua socks to water shoes to water sneakers.

Do I need a towel?

We recommend that you bring your own towel for aquatic exercise classes and aquatic therapy sessions. We do have towels available should you forget.



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 affect 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!