

Hydrotherapy Pool

Using the hydrotherapy pool is often helpful for some patients as part of their rehabilitation. You and your therapist will decide if you will benefit from using our hydrotherapy pool. The pool is used as therapy to enhance your treatment and help you meet specific goals.

Once a program is developed, it is expected that you will continue with your pool exercises in a community pool.

Please be aware that the hydrotherapy sessions are mixed gender.

Please arrive 10 minutes before your water session. If you are late, you may have less time in the water.

Your Hydrotherapy Team may include:

- Physiotherapist
- Physiotherapist Assistant/Occupational Therapist Assistant

Shower

On the days you have pool therapy you need to take a shower (a sponge bath is not enough) using warm water and soap. Please make sure all the soap is rinsed off and no body lotions are used. This must be done the day of your appointment and before your session. If you are independent, you can take a quick shower in our change rooms.

If you need help with dressing, please talk to your therapist about it, so help can be arranged before your pool therapy.

If you have a feeding tube, suprapubic catheter or Peripherally Inserted Central Line (PICC), it must be covered with a Tegaderm® Dressing at least one hour before to your pool session. If you have a medication patch, make sure that the patch removed or have a conversation with your therapist.

The pool

The pool at the shallow end is 3½ feet deep. It increases by 6 inch levels, 3 ½ feet, 4 feet, 4½ feet. It is 5 feet at the deep end.

Bromine is used as the disinfectant. Over time it can break down bathing suits. Rinse your bathing suit with cold water to make your suit last longer.

It is a warm therapeutic pool which is 34°C (94°F). For some people, exercising in warm water can affect their blood pressure.

Blood pressure

If blood pressure is a concern, your therapists and family doctor will discuss if it is safe to exercise in the pool. The upper and lower limits for your blood pressure may be set before you start with pool therapy.

Getting in and out of the pool

There are several ways to get in and out of the pool, such as stairs, a ramp and 2 different lifts.

There is a deck lift and a ceiling lift.

You and your therapist will decide on the best way for you to get in and out of the pool.

Keep our pool clean

To make sure our pool is clean, **do not:**

- spit in the water or on the deck
- spout in the water or on the deck
- blow your nose in the pool or on the deck
- use the pool if you have an infection or any open sores

You must have a regular bowel routine and not leak urine. If a catheter is needed for the bladder a leg bag can be worn.

You will not be able to attend pool therapy if you are having incontinence of the bladder or bowel, including diarrhea. Any bowel incontinence and/or diarrhea will lead to a 2 week hold on sessions to make sure that we maintain a healthy environment for all patrons.

Water briefs are not permitted.

What you need for your appointment:

- swimsuit or shorts and tee shirt
- water shoes are recommended for feet with altered sensation
- change of clothes
- change of collar pads for aspen collars
- other: _____

The therapy pool operates under the regulations of Health Protection and Promotion Act as a public pool (R.R.O. 1990, Regulation 565 Public Pools).