



## Aquatic Therapy at BIDMC

Your therapy treatment program may include **aquatic therapy**, exercising in our therapeutic pool under the direction of a highly trained therapist. Our aquatic therapy experts will view your movements under water through a glass window, and offer immediate feedback.

We provide a state-of-the-art therapeutic pool within our facilities for this treatment option. Our pool is maintained to the highest standards involving daily water testing.

Your physical therapist will discuss with you if aquatic therapy is a good option to help you reach your goals.



### Benefits of aquatic therapy

Aquatic therapy has many benefits when used as part of a treatment plan.

- The warm water, approximately 92 to 96 degrees, helps reduce muscle spasms and allows you to move more easily.
- Being able to float in water reduces the weight on your joints, which can be helpful for patients with arthritis, healing fractures, and sprains or strains.
- Water provides resistance as you move and can be an effective way to strengthen your muscles. By changing the depth and speed of your movement, the exercise can eventually have the same effect as weights would have when exercising out of the water.
- The pressure of the water on your body helps to reduce swelling.
- The sensation and pressure of the water provides feedback to your body's joints, which can help to improve balance.

### Location

If your therapist suggests aquatic therapy as part of your treatment plan, your appointments will be in our therapeutic pool. It is located in its own room, within **Outpatient Physical and Occupational Therapy** in the **Carl J. Shapiro Clinical Center, 330 Brookline Avenue, Boston**, on the **second floor**.

### Early Arrival Requested

Please arrive at least 15 minutes before your appointment, so that you have time to check in, change, and rinse off in the shower before the designated appointment time. The Department of Public Health requires that you shower before getting into the pool, and it helps to reduce the lint brought into the pool.

If your injury makes it hard to undress, please allow even more time before your appointment. Our appointments are booked every 30 minutes, and if you are late, your visit might need to be cut short.

## What to Wear

Only bathing suits are allowed in our pool. Cotton shorts, t-shirts and cotton blends can clog the pool filter. Please wear your bathing suit under your clothes or bring one to change into.

We have both men's and women's locker rooms for you to change in, and we provide towels and robes, too. Bring something to wear on your feet, such as sandals or slippers. After you've changed, go to the "pool room" where your therapist will meet you. Please don't go in the pool until your therapist has arrived and says it's okay.

## Attendance, cancellation, and "no-show" policies

The most important thing you can do to ensure a good outcome when going through an aquatic therapy program, or any physical therapy program, is to attend all your scheduled appointments. If you must cancel or change an appointment, please call us at **(617) 754-9100, at least 24 hours prior to your scheduled appointment time.** This allows us to offer the appointment time to another patient in need.

In order to be able to meet the needs and serve the dedicated patients in our busy practice, we will not reschedule future appointments with a patient if that patient:

- cancels and reschedules three appointments within a 30-day period, or
- doesn't show up for two visits within a 30-day period.

Thank you for your understanding.