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PHYSICAL AND HAND THERAPY

## Aquatic Therapy Expectations and Procedures

Aquatics may be recommend for strengthening, endurance, balance, better walking, and many more activities. All participants are evaluated for aquatic therapy by a licensed therapist prior to your first session. You may be asked additional medical history information before being scheduled for an aquatic session due to safety. Please inform your therapist of any recent open wounds or episodes of diarrhea/loose stools as these may impact participation. During your aquatic session, the water is constantly sanitized thus preventing viruses and bacteria. The water is kept at 92 degrees.

Please read and INITIAL the following aquatics policies:

- Patients must arrive 15 minutes prior to scheduled appointment time \_\_\_\_\_
- Prior to appointment, please be recently showered/rinsed off \_\_\_\_\_
- NO lotions, oils, or perfumes are allowed in the pool \_\_\_\_\_
- Patients may wear swim shorts, one piece swimsuits, dry fit clothes \_\_\_\_\_
- NO COTTON material allowed to avoid introducing fabric softeners/detergents to the pool \_\_\_\_\_
- Shoes must be CARRIED into the clinic and approved by the therapist prior to therapy \_\_\_\_\_
- NO flip flops or shoes with laces \_\_\_\_\_
- Pool unit will be operated by the clinical staff ONLY \_\_\_\_\_

\*Please let your therapist know if you are uncomfortable at any time during your session\*

By signing below, I have read and understand the Aquatics Therapy expectations and procedures.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date