



AQUATIC THERAPY PROGRAM POOL RULES

Prior to using the Swim-EX pool at Cass Regional Medical Center, it is very important that you become familiar with the following information:

- 1) **NEVER get into the Swim-Ex without supervision!** It is essential that you wait for your therapist before getting into the Swim-Ex.
- 2) Showers are **required** before entering the water.
- 3) Please bring appropriate attire to use in the water and a towel. T-shirts and shorts are discouraged because of clothing retention of residual soaps.
- 4) It is required that you call Cass Regional Medical Center Physical Therapy at (816) 887-3040 if you are not able to attend your treatment for any reason. Consistent attendance is very important for the effectiveness of treatment. If you do not participate regularly, as with any Physical Therapy, you may not reach your goals.
- 5) Chlorine is used to disinfect the water. This chemical may make your skin somewhat dry or itchy. Some people are hypersensitive to chlorine/bromine. Please discuss any questions you may have regarding this with your clinician.
- 6) The pool temperature is 90° - 92°. It is important that you drink plenty of water during and after your therapy session to stay hydrated and not to get overheated in the warm water.

The above was discussed with me by my therapist.

Patient Signature

Therapist Signature

Date

Date