



## KNOW BEFORE YOU GO AQUATIC THERAPY

Aquatic therapy is great for those who have a hard time doing exercises while standing or walking. It's also great for those who have a hard time doing land-based physical therapy because of low back pain or pain in hips, ankles, or knees. Aquatic therapy puts little or no added stress on your body. It can also help provide cushioning and pain relief. You do not need to know how to swim, but if you have a fear of water please talk to your therapist.

### WHAT TO EXPECT

#### Your Evaluation:

- Arrive 15-20 minutes early to your first appointment for any paperwork
- Wear:
  - Swimsuit or clothes you do not mind getting wet – you can also bring these items with you to change into
  - Flip flops or water shoes
  - No jewelry
- Bring:
  - A list of all medications you are taking
  - Any medical reports or test results about your injury
  - Any splints, braces, etc. being used
  - A photo ID
  - A towel
  - Personal items for after your appointment: dry change of clothes and, if showers are available, soap, shampoo, etc.
- Please follow your doctor's advice about medications
- Plan time before and after your appointment to change clothes
- Your licensed physical or occupational therapist may test your strength, muscles, nerves, pain level, flexibility, how you usually move, and how often you typically move

#### Follow Up Appointments:

- Go to all of your appointments
- Make up any missed appointments
- Follow your home exercise program
- Follow-up visits may include licensed physical or occupational therapy assistants

### THE BASICS:

- Tell your therapist about your:
  - Symptoms
    - How your injury happened
    - Test results
    - Job duties
    - Other doctor or therapist visits
    - What gives you relief from your symptoms
- A treatment plan will be customized for you to help you get back to work
- Visits last about 30 minutes to 1 hour



### QUESTIONS OR CONCERNS?

Call 866.389.0211 to speak to a  
One Call Representative.



This content is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider with any questions you may have.

[ONECALLCM.COM](http://ONECALLCM.COM)