

Welcome to Exeter Hospital's REHABILITATION SERVICES

Aquatic Program

The aquatics program is designed for those rehabilitative patients that are unable to tolerate land based exercises and for patients who are interested in joining an aquatics center for long term management of their condition. This is meant to be an intermediary step with an eventual transition to land therapy or to an independent pool program.

Certain medical conditions preclude pool usage. Please notify your therapist if you have any of the following conditions or if you have a condition your therapist should be aware of:

- Bladder / bowel incontinence
- Cardiac conditions
- Allergies to bromine / chlorine
- Prone to aspiration and/or vomiting
- Limited vital capacity
- Radiation therapy
- Infectious diseases
- Renal diseases
- Open wounds / sores
- Use of G-Tube
- Uncontrolled seizures

PEDIATRIC PATIENTS - Please take note:

Bowel incontinence with diarrhea and/or no stool program are contraindications for participation in the pool. Individuals with known bowel incontinence but who are on a stool program which is well regulated are asked to wear appropriate fitting swim diapers or protective garments. If, for any reason, you cannot predict whether your child will have a bowel related incident when scheduled for the pool, please cancel his/her appointment.

***Inability to swim does not preclude patients from aquatic therapy. Please notify your therapist if you are unable to swim or have a fear of water.**

Attendance / Punctuality

Space in the pool is very limited. Compliancy with the aquatic pool program must be a priority. Appointment times are 30 - 45 minutes so please be on time. If you are late, your appointment will be adjusted accordingly. Please arrive 15 minutes early so that you are dressed and ready to enter the pool at your scheduled time.

General Information

- DO NOT enter the pool until instructed by therapist.
- You MUST shower right before entering the pool. There is a shower located in pool area and in the locker room.
- NEVER use ladders to enter the pool. Enter the pool by stairs or lift.
- You MUST check in at the front desk before entering the locker room.
- The lap pool is 88°F and the small pool is 92-94°F.

- Proper pool footwear is recommended in locker room and pool area.
- Bathing suits and/or shorts and a t-shirt with under garments are acceptable attire in the pool. (Please refrain from wearing a white t-shirt)

PEDIATRIC PATIENTS - Please take note:

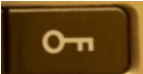
- All children must be accompanied by an adult. The adult is asked to remain in the pool area for the entirety of the session.
- For the safety of everyone, siblings are not allowed to attend pool appointments.

Locker Room Information

- You have free use of lockers during your appointment time. Please remember your locker # and combination. (See below for instructions on how to use digital lock on locker)
- You have full use of showers during your appointment time. Please bring shampoo, conditioner, other toiletries and a hair dryer if needed
- Please bring your own large towel for use after the pool and/or shower

Instructions on Use of Lock

Each locker has a digital lock to lock and unlock the locker. Follow the sequence below.

1. Hit the “C” button to clear
2. Punch in any four digits. Example “1 1 1 1”
3. Hit the  and this will lock the locker

Repeat steps 1 through 3 to unlock the locker



Photo of the digital lock on each locker

The lights on bottom left-hand corner of lock will flash red when locked. The lights will stop flashing when unlocked.