

# Aquatic (Pool) Physical Therapy in Stillwater

## Set Up Your Appointment

Call the Courage Kenny Rehabilitation Institute – St. Croix at 651-241-3820 to schedule your aquatic physical therapy.

The pool is located on the main level at 1460 Curve Crest Blvd., Stillwater.

## What To Bring to the Pool

### swimsuit

If you do not have a swimsuit, you may wear shorts or fitness tights and a dark T-shirt. Note: light-colored clothing will become see-through when wet.

### non-slip shoes

You will need to wear these through the locker room and on the pool deck to prevent you from slipping. Aquatic shoes are the best for use in the pool.

### towel

### water bottle (non-breakable)

### assistive device (if you use one)

### snack, glucose tabs or gel, juice (if needed)

### medicines

Bring any medicines you need (including a glucose meter) and keep them in a bag on the pool deck.

### padlock for a locker or a bag to bring your items onto the pool deck.

## When to Arrive at the Pool

Arrive 15 minutes early so you have enough time to change clothes and be on the pool deck for your appointment.

## What To Expect at Your Appointment

- Check in at the front desk. Someone will direct you to the locker rooms.
- Change into your swimsuit and shower.
- Go to the pool deck. Sit in one of the chairs. Your physical therapist will meet you there at your scheduled appointment time.
- All of your sessions will be one-on-one with the physical therapist at the depth of water that is most comfortable. The water depth ranges from 0 to 10 feet. This is a warm water pool.
- The average session lasts 45 to 55 minutes.

## Whom To Call With Questions

Call 651-241-3820 if you have questions, need to reschedule or have any health concerns.