

# Aquatic (Pool) Physical Therapy at Owatonna Hospital

## Set Up Your Appointment

Call Courage Kenny Rehabilitation Institute at Owatonna Hospital at 507-977-2150 to schedule your aquatic physical therapy.

The pool is located at the hospital, 2250 NW 26th St., Owatonna.

## 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 with the receptionist at the front desk before going to the locker room.
- Change into your swimsuit and bring your items with you to the pool area.
- Sit on the chair outside the locker room. 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 is 4 feet. This is a warm water pool.
- The average session lasts 30 to 45 minutes.

## Whom To Call With Questions

Call 507-977-2150 if you have questions, need to reschedule or have any health concerns.