

Aquatic (Pool) Physical Therapy at Buffalo Hospital

Set Up Your Appointment

Call the Courage Kenny Sports & Physical Therapy – Buffalo at 763-684-3880 to schedule your aquatic physical therapy.

The pool is located at the Fitness Center in Buffalo Hospital, 101A 14th St. NE, Buffalo.

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

- Sign in at the front desk at Courage Kenny Sports & Physical Therapy. Go right to the locker rooms at Fitness Evolution.
- Change into your swimsuit and go to the pool area.
- 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 3 to 7 feet. The temperature is between 81 to 84 F.
- The average session lasts 30 to 60 minutes.

Whom To Call With Questions

Call 763-684-3880 if you have questions, need to reschedule or have any health concerns.