

# Aquatic (Pool) Physical Therapy at Golden Valley

## Set Up Your Appointment

Call Courage Kenny Rehabilitation Institute – Golden Valley at 612-775-2455 to schedule your aquatic physical therapy.

The pool is located at 3915 Golden Valley Road, Minneapolis.

## 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.

## Parking Information

Parking may be limited in the lot outside of the main entrance. There is overflow parking available in the south parking lots.

Enter the building at the south entrance and follow the signs to Central Check-In located on the first floor.

## What To Expect at Your Appointment

- Check in at the Central Check-in desk on the first floor. Someone will direct you to the locker rooms.
- Change into your swimsuit. Go to the pool deck. 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 10 feet. This is a warm water pool.
- The average session lasts 45 to 60 minutes.

## Whom To Call With Questions

Call 612-775-2455 if you have questions, need to reschedule or have any health concerns.