

## **Bronson Rehabilitation**

### **Physical Therapy Pool Orientation**

Welcome to the Bronson Physical Therapy Pool Program! We are glad you have chosen our department to serve your rehabilitation needs. We look forward to working with you to achieve your therapy goals.

#### **What do I need to bring?**

- Bathing suit or swim shorts and swim shirt.
- Battle Creek only: towel(s)
- Required to prevent falls: water shoes, flip flops or rubber soled shoes
- Battle Creek and South Haven: lock for locker during session
- Bring any medicines you may need with you to the pool deck. Do not leave medicines needed in an emergency in your locker (examples: Nitro, inhaler, etc.)

#### **What do I need to do?**

- Arrive 15-20 minutes before your appointment time.
- Check in at the athletic club front desk.
- Tell them you are there for aquatic therapy.
- Be ready to start your session on time.
- Use the locker room to change.
- Shower prior to session. This is a health department rule.
- Wait in the chairs or benches on the pool deck until the therapist directs you into the pool.
- Do not bring food, drinks or gum into the pool area.
- Water bottles are okay but NO glass.
- Take off street shoes before entering the pool deck.
- Do not bring valuables to the pool.
- Do not use lift or other equipment without the staff to help you.

#### **You should not use the pool if you have any of the following:**

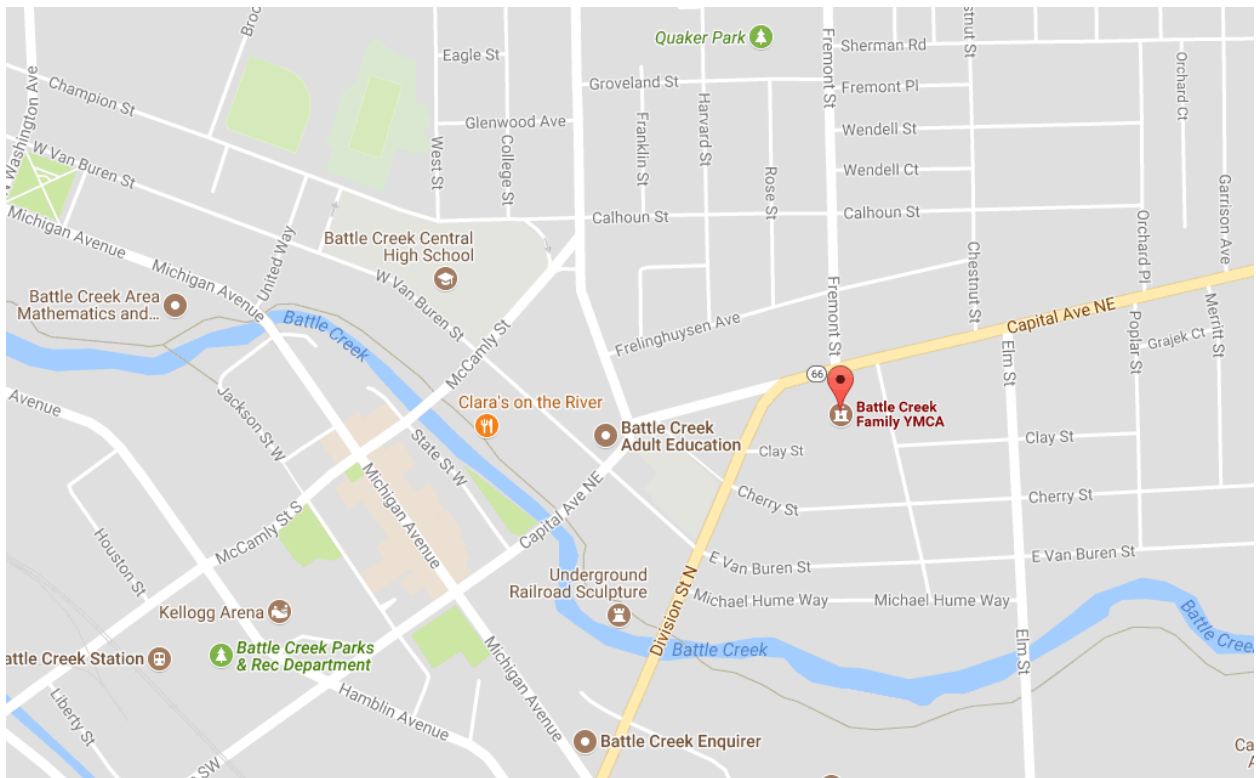
- Illness or contagious disease like a cold or flu.
- Open wounds, unhealed cuts, surgical incisions or rashes.

#### **Pool restrictions:**

- A spouse or adult family member can watch the session. They cannot use the facility. Use of the facility equipment (e.g. hot tub, sauna, gym equipment) is only available to members.
- Battle Creek: No children under the age of 18 can be on the pool deck. If a patient comes with a child, we will need to cancel the appointment.

## Bronson Battle Creek

Battle Creek Family YMCA is at **182 Capital Ave NE, Battle Creek 49017**. Handicap parking and ramps are available to enter the building. Go to the front lobby (via ramp or stairs) on your first visit to sign the YMCA release form. The YMCA front desk workers will show you where the stairs or elevators are located. When leaving the elevator or the stairs, turn right. Go to the family locker room. Once you are ready to go to the pool, have a seat on a bench inside the therapy pool area.



If you *cannot* make your appointment, please call the Rehabilitation Department in advance at **(269) 245-8125** to cancel and reschedule.