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## Pool Guidelines

We are proud to provide our patients with one of the cleanest commercial pools in Spokane. For the courtesy of all pool patients, please help us maintain the cleanliness and safety of our pool by observing the **mandatory** guidelines:

**Always rinse off thoroughly before entering the pool.**

**Always wear pool shoes in the pool area and bathrooms.**

**Always dry off in the pool area.**

*Thank you for your cooperation.*

## **Special Note: Patients with Cardiac Conditions:**

Please note that participating in a physical therapy program that includes aquatic and land exercises increases the demand on the cardiac system. If you have been diagnosed with a cardiac condition including high or low blood pressure, congestive heart failure, cardiovascular disease, recent cardiac surgeries, pacemaker, etc., please inform your therapist. We may require a note from your cardiologist or physician treating you for the cardiac condition to begin or continue with therapy.

If you seek medical attention during your therapy for a cardiac condition, please inform your physician that you are in therapy and ask him/her for a note to continue with therapy. Please give the name and phone number of your cardiac physician to the physical therapist for your file.

It is up to the physical therapist's discretion to treat a patient with a cardiac condition without a physician note to continue with the therapy program.

Please understand that these guidelines are for your safety and health. Exercise can be a great way to condition your cardiac system within safe limits.

## **Special Note: Patients with Diabetes**

Please note that participating in a physical therapy program that includes aquatic and land exercises places increased demand on the body's insulin demand if you are diabetic. Please inform your therapist if you have diabetes and of your normal blood sugar levels. You may be asked to test your blood sugar before and after exercise to assess your response to exercise.

It is up to the therapist to continue treatment if your blood sugar is borderline high or low.

Please understand that these guidelines are for your safety and health.

Thank you.