



PHYSICAL THERAPY

## WELCOME TO HYDROTHERAPY

### INFORMATION REGARDING OUR HYDRO-TRACK:

Our Hydro-Track is a water filled exercise tank with an underwater treadmill. Patients/patrons using our Hydro-Track will experience a high-resistance low-impact aerobic workout.

The water is recycled after each use, which is then filtered and maintained at 92-94 degree temperature. The water will only fill to your chest if standing, or to your shoulders if sitting on a stool.

### EXERCISES VARY:

- ~ Based on prescribed use by your physician and/or physical therapist.
- ~ Based on patron's wellness and/or fitness goals.

## SOME THINGS YOU NEED TO KNOW:

- 1)** Please bring a towel, swimsuit, trunks (or shorts and shirt), etc. If for any reason you require help with dressing, please be sure to have someone with you to assist. (We can help with putting on slippers or shoes.)
- 2)** You will be provided one pair of treadmill slippers to wear at no cost. These are yours to keep and to wear every visit. A fee will be charged for subsequent pairs.
- 3)** A shower from the shoulders down is required before entering the Hydro-Track. Private shower stalls are available in our locker rooms. If you prefer to shower at home, please do not put on any deodorant, powders or lotions.

*If you have any further questions, our staff will be happy to answer them, please ask.*

THANK YOU

**ORTHOPEDIC REHAB SPECIALISTS STAFF**