

Therapy Pool Burnsville Clinic

Your therapist has decided that the patient will benefit from pool therapy. Regular therapy attendance is critical for progress. Attending less than 75 percent of scheduled therapy sessions might result in discharge from therapy. The pool temperature is around 93 degrees and the room temperature is around 80 degrees. Please call us to cancel any sessions.

Pool Therapy Guidelines

- A parent or caregiver must attend therapy sessions. An adult needs to be within sight of the pool at all times the pool is being used.
- Only two people can observe pool sessions, due to limited space. It might be appropriate for family members or caregivers to be in the pool with the patient if it advances the therapy care plan. Your pool therapist will let you know if this is the case.
- Patients who are incontinent of bowel or bladder must wear appropriate diapers or plastic pants. If the pool is contaminated, it will need to be shut down for up to 24 hours for chemical treatment.
- We don't provide swim diapers. If the patient uses swim diapers, bring them to your appointments. We have information about how to purchase swim diapers if you need them.



- We do not provide swim suits.
- We do not provide towels.
- Cell phones can be used at your own risk in the pool areas. Please ask permission before taking photos or videos.
- Do not bring toys from home for use in the pool.
- Arrive only 10 to 15 minutes early. This should give the patient plenty of time to get changed and be ready at the appointment time. The patient must either be able to independently get dressed or be accompanied by a caregiver who can provide assistance in the changing rooms.
- The patient must shower with soap and water (cleaning hands, arms, feet, legs, armpits and private parts) before putting on a swimsuit (and/or swim diaper, if applicable).
- Based on the information you provide and the patient's performance in the pool, the therapist might recommend

that pool therapy is not beneficial and should be discontinued.

Preparing for the Appointment

1. Arrive 10-15 minutes early to change clothes and be ready for the appointment start time.
2. Check in with the front desk to register, and then staff will let you in the locker room.
3. Wait in the locker room until your scheduled time.
4. Make sure the patient showers with soap and water (cleaning hands, arms, feet, legs, armpits and private parts) before putting on a swimsuit (and/or swim diaper, if applicable).

Illness and Other Health Concerns

Your child and anyone coming to the pool must not have (and not be recently exposed to) a contagious illness. Cancel your appointment if your child (or anyone coming in the pool) is ill, has had diarrhea in the last two weeks, or has any open cut or wound.

Please let your therapist know if your child has any of the following:

- Communicable diseases (herpes simplex, such as viral cold sores)
- Fungal infection (such as athlete's foot)
- Open wounds or bleeding
- Menstruation without internal protection
- Acute joint flare-ups (such as hemophilia or arthritis)
- Pinworm, ringworm, plantar warts or other skin-lesions
- Urinary tract infection
- Rashes, skin conditions with flaking or open areas (such as scabies, impetigo)
- Diarrhea
- Fear of water
- Uncontrolled seizures
- Bowel incontinence
- Deep vein thrombosis (DVT)
- Genital herpes
- VRE (bacterial infection)
- MRSA (bacterial infection)

Any of these conditions might prevent us from allowing your child in the pool.

Make An Appointment

[651-290-8707](tel:651-290-8707)

Refer a Patient

[651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).