

MS Hydro-therapy Policy

Contact the class instructor to join!

Harriet Ott

Hydrotherapy Dir.

425-830-7746

harrietott@comcast.net

Description of the class:

This aquatic program runs for one hour. Participants are encouraged to work to their maximum potential. The exercises are performed in shoulder depth water. We do a series of range of motion and stretching exercises. Resistive movements with bar-bells of various sizes challenge upper extremity strength. Non-weight bearing, lower extremity exercises are done with the help of floatation noodles. We work on balance with various activities

Adaptions to exercises are offered to challenge the variety of abilities within the group. Those participants without lower extremity control are set up with adaptive equipment for safety and to allow for maximum independence. For those who are able, we do some lap swimming as part of the session.

The instructors: all the hydrotherapy instructors have been trained to provide therapeutic exercises and adaptive techniques to assure the safety of all clients as they enter and exit the pool. All the pools have aquatic chair lifts to lower wheel chair participants into the pool. Some pools have stairs. All pools have traditional ladder entry.

Limitations of this program:

Participants to this community program need to provide the following

- Transportation to the pool,

- Proper swim wear, and towel

- Participants must be continent of bowel.

- Participants must not have any open wounds

- Participants must have the ability to dress and undress themselves in the locker room.

OR

- Provide a caregiver to assist in the locker room. Accommodations for opposite sexed caregivers are available at all pools to assist with dressing.

Caregivers are welcome into the water for no additional fee and in some cases are required if the participant is not able to be independent in the water.

Caregivers can be:

- Family members/spouses

Hired by the family to assist the participant,
Volunteers that the family/participant have put into place.

When available the MSA will provide volunteers for assistance in the water.
Staff services are not available in the locker room due to liability and insurance.

Some other commonly asked questions

I can't swim and/or I have a fear of water. Can I still attend this aquatics program? This aquatics program takes place in 4 to 4.5 feet of water. The class involves aquatic exercises, not traditional "swimming" and consists of mostly vertical positions. Any fear you may have concerning exercising in the water should be conveyed to your instructor, and will be addressed with understanding. You will not be asked to do any exercise you are uncomfortable with. Modifications can be provided by your instructor to guarantee your comfort level while exercising. Your instructor and/or volunteers can assist in any area you are uncomfortable with until your skill level and/or balance improve.

Do I have to wear a bathing suit? Bathing suits aren't necessarily required. Please check with your instructor on the first day of class if you have further questions. 100% Polyester bathing suits are **recommended**.

What is the water temperature in the pool? This aquatics program is run in a community pool. The temperature varies from 81 to 86 degrees. Some may find that this cool, while others are very comfortable in this temperature range. Your instructor can advise what to do if you find the pool too cool.

I live in a wheelchair. Will I be able to get into the water? If you are living in a wheelchair, we ask that you please come to the program with an aid. Chair lifts are available to help you in and out of the pool, if needed.

My aid is of the opposite sex. How will they help me to get dressed?

The pool where this class is held has a co-ed dressing room. Otherwise, you may consider drying off as much as possible after class, dressing over your bathing suit then going home to change in the comfort of your home.