

WELCOME TO HYDROTHERAPY

HERE IS A LITTLE INFORMATION REGARDING OUR HYDRO TRACK

A patient using the Hydro-Track is in a water filled exercise tank. The result is a high-resistance low-impact aerobic workout. The type of exercise depends on your injury, as well as what has been prescribed by your physician and/or physical therapist.

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.

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, be sure to have someone with you to assist. (We can help with putting on slippers or shoes, but our patient load does not allow us the time to provide any more assistance.)
- 2) You will be given slippers to wear at no cost. These are yours to keep and to wear every visit. If we need to provide you with another pair, your account will be charged.
- 3) We need you to shower from the shoulders down before entering the Hydro Track. If you prefer to shower at home, do not put on any deodorant, powders or lotions. Showers are provided in the locker rooms if you prefer to shower here.

If you have any questions, our staff would be happy to answer them

THANK YOU

ORTHOPEDIC REHAB SPECIALIST STAFF