

# Aquatic Therapy at Sholom Home East

## What is Aquatic Therapy?

- A physical therapy procedure completed in a warm water environment

## Who is Aquatic Therapy for?

- Weight-bearing restricted clients
- Pain with any functional activities
- Patients with edema
- Comorbidities (obesity, joint discomfort, etc.)
- And many more!

## What do I need to provide prior to starting Aquatic Therapy?

- Referral from your doctor  
~Drop off at our location or fax to 651.328.2178
- Insurance Information

## What you should bring to each appointment

- Swimsuit or clothes you are comfortable wearing in the pool
- Aquatic shoes (optional)
- Water bottle (optional)

## Evaluation Day Process (First appointment)

- Appointment scheduled for 90 minutes
- Arrive 10-15 minutes prior to appointment start time to fill out paperwork
- First half of the appointment is on land, Second half in water

## Treatment Day Process

- Appointments following evaluation are 45 minutes each  
~This does not include change time; be sure to arrive about 10 minutes prior to appointment or enough time to change into your swimsuit and shower

## Facility Notes

- Depth is 3 ft to 5 ft
- Ramp entrance to pool
- Aquatic Wheelchair for use, if needed
- Two towels per person provided
- Lockers to store your items during appointment
- Pool is warm therapeutic water temp
- Vitality & Aquatic Center Memberships Available

## Location/Phone Number

Sholom Home East  
David Feinberg Vitality & Aquatics Center  
740 Kay Ave  
St Paul, MN 55102

*Entrance to the pool is in front of the handicap parking spots*