

# Aquatic Physiotherapy

## Don'ts:

- Do not enter the pool without a therapist's supervision or presence.
- Do not keep your belongings in the changing room unless they are inside the locker provided.
- Do not apply lotion, cream, or gel before entering the pool.
- Use of Bar soap for taking shower is prohibited.
- Do not wear cotton garments, colored t-shirts, or jeans.
- Eating immediately before, during, or after exercise in water is not recommended.
- Consuming food in the facility is not permitted, except for drinking water.
- Using mobile phones is prohibited in the pool area for safety and privacy reasons.
- Taking pictures or video without the consent of your therapist is not permitted.
- Spitting, Blowing nose and Urination inside pool water is prohibited.

We wish you a speedy recovery and a great therapeutic time in the pool.

Note: The facility or any staff are not responsible for your belongings; while inside the facility, please keep your belongings in the locker provided.

The presence of caretakers in the pool area is allowed with the permission of the therapist; this decision is at the discretion of the therapist.



## Qatar Rehabilitation Institute

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Aquatic Physiotherapy, Doha Qatar.

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مركز قطر لإعادة التأهيل  
Qatar Rehabilitation Institute

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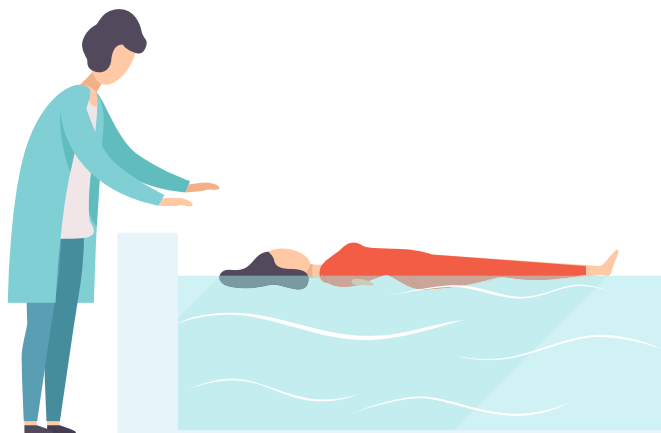
Welcome to Aquatic Physiotherapy. We offer you an Enhanced Therapeutic Experience in your Physical Rehabilitation.

## Please note the instructions listed below:

- Therapist will educate you about the facility and the services you will be receiving.
- The Aquatic Physiotherapist will first screen you to determine your eligibility to be in the water and will then plan your therapy based on your clinical condition.

People with communicable diseases, unstable health, an allergy to chlorine, skin lesions/wounds/ infections, and any patient whom the therapist identifies as not being suitable to perform aquatic Physiotherapy will not be accepted to participate in this therapy.

The therapist's decision will be final.



## Must Do's:

- Arrive 15 minutes before your scheduled appointment time and register at the front desk.
- Time schedule has to be strictly followed. If there is a delay on arrival of the patient, the appointment time will not be extended.
- Carry your Health Card/ Qatar ID/ Registration Card at all times.
- Have a shower before entering the pool and after coming out of the pool.
- Bring your own shower gel, shampoo and Moisturizer.
- Use Toilet before before entering or after exiting the pool .
- Wear a swimming costume or swimsuit with a swim cap; swim clothing must be culturally appropriate.
- Use shoe covers inside the facility.
- For safety reasons, all jewelry must be removed before entering the pool.
- Towels are provided in the facility and you are requested to drop them in the laundry bag after use.
- Please bring your own bag to carry wet clothes; as the facility will not provide any bag for you. Wash your clothes after the therapy session with fresh water.
- Take all your belongings before you leave the facility and return your locker key.
- Notify the therapist of any discomfort you experience during the therapy session.