

“Pool Tools to Keep You Cool”

Tools that can help support your journey to getting in the pool on the hot days of summer! Aquatic exercise has been shown to improve balance, decrease depression, and decrease anxiety in people post-stroke. Aquatic exercise has also been shown to be effective for improving balance in older adults. Click here for articles ([1](#) and [2](#))

If you or your family have concerns about getting into the water, consult with a therapy professional about options for supervised aquatic therapy sessions

Equipment:

- Bracing
 - o Water proof AFOs : [Click Here](#)
 - o Ankle ‘Aircast’ : [Click here](#)
- Footwear
 - o Water shoes – if you wear supportive shoes to walk on land, you should have a supportive water shoe to exercise in the water. Water shoes also protect against skin break down - [Click here](#) for more supportive or [Click here](#) for less supportive
- Flotation devices
 - o Life vest
 - o Flotation belts (ex: aqua jogger) - [Click here](#)
 - o Pool Noodles or Inflatable flotation devices
- “Workout” equipment
 - o Aquatic dumbbells - [Click here](#)
 - o Resistance “fins”- [Click here](#)
 - o Kick board - [Click here](#)
- Chair
 - o To be placed in shallow water as a place to take a rest or to assist with getting in or out of the pool

Considerations:

- Is there any reason I should not get in the pool?
 - o Precautions or contraindications to getting in the pool include: heart failure, unstable chest pain, unstable abnormal BP, open wounds or skin infection, acute neurologic incident (within 3 weeks), uncontrolled seizure disorder, fever, severe cognitive deficits, unpredictable bowel incontinence, fever, vomiting, or fear of water.
 - o For full article click [here](#)
- How will I get in the pool?
 - o Accessible pool with chair lift
 - o Ramp
 - o Beach entry
 - o Stairs with railing
 - o Stairs without railing
- Can someone help me while I am in the pool?
 - o If you have difficulty with balance or walking on land make sure someone is available to stay with you while you are in the water. This is especially important if you have difficulty with balance, vision, sensation, hearing or difficulty paying attention for long periods of.
- Are their lifeguards at the pool?