

Lower Extremity Fracture: Phase II (Pool Therapy)

Helpful Hints for Beginning Pool Therapy

1. You must be in at least three feet of water.
2. If there is a rope in the pool, this is helpful to hold on to for stability.
3. If the pool has a slanted edge, walk around the pool on the slant. Do some laps clockwise and some counter clockwise. This helps with walking **and** with ankle range of motion. This may take some working up to. Initially, begin with walking on the flat surface of the pool and work into the slanted edge.