

Prenatal Aquatics

Prenatal aquatics may allow women to exercise throughout pregnancy while enjoying the added benefits of a warm water, therapeutic pool environment. We will work with you to develop an exercise routine that combines gentle stretching, range of motion, aerobic exercise, and strength training tailored to the needs of expectant mothers. Aquatic exercise may be useful to mothers in any stage of pregnancy and can be equally beneficial for postpartum mothers.

The therapeutic pool at Western Wisconsin Health is heated to 90 degrees with the surrounding air temperature around 88 degrees for optimal levels of comfort. The depth of the pool is 3'6", increasing to 5'6". The pool is located within Western Wisconsin Health's Fitness Center. Showers and towels are available.

For questions about prenatal aquatics or to schedule a prenatal session please contact the Western Wisconsin Health aquatics department at (715) 684-1646.



WESTERN WISCONSIN HEALTH

FITNESS CENTER

Participation Waiver

MD Clearance to Participate. The therapeutic pool is at a temperature of 90-91 degrees and may cause internal body temperature to rise or cause a reaction from the heat. For your safety, we require that you receive approval from your OB provider for clearance to participate.

Physician Permission

_____, Is a known patient of mine and:

- Should not join prenatal aquatics at this time.
- Has no restrictions regarding the ability to join a prenatal aquatics class.
- Can join prenatal aquatics with the following restrictions:

Physician signature:

Date:
