

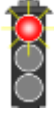


# Make your own Aquatic Physical Therapy Precaution/Contraindication List

	<b>Mild Precaution</b>    Go ahead in pool with measures to manage precaution.	<b>Moderate Precaution</b>    May need to confer with other health professional to make decision for pool.  If decide on pool take measures to manage precaution.	<b>Absolute Contraindication</b>    Not pool candidate	<b>Suggested Limiting Factor Categories</b>  You can use these or make your own  <b>Place them in Mild, Moderate or Absolute Section</b>
Skin / Blood				1-Non-infected, non-intact skin that can be covered with waterproof dressing
				2-Non-infected, non-intact skin in area that can't be covered with waterproof dressing
				3-Infected, non-intact skin that can be covered with waterproof dressing
				4-Infected, non-intact skin in area that can't be covered with waterproof dressing
				5 – Surgical Incision
				6-Rashes, skin conditions with flaking (psoriasis, eczema)
				7-Sensitivity to pool chemicals
Lines/ Tubes/ Stoma				1-Intravenous lines
				2-Central venous catheter
				3-Feeding Tubes : Nasogastric (NG) tube, gastrostomy (PEG or G) tube (intact skin)
				4. Urinary Catheters: Foley, urethral, suprapubic (intact skin )
				5-Urinary Ostomies: Urostomy, vesicostomy (intact skin)
				6-Intestinal Ostomies: Colostomy, ileostomy (intact skin)

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	<b>Mild Precaution (green light)</b>	<b>Moderate Precaution (yellow light)</b>	<b>Absolute Contraindication (red light)</b>	<b>Suggested Limiting Factor Categories  You can use these or make your own</b>
Communicable disease				1-Immumocompromized
				2-Blood born communicable disease (Hep B, Hep C, HIV) – intact skin
				3-Blood born communicable disease (Hep B, Hep C, HIV) – non-intact skin
				4- MRSA – intact skin
				5- MRSA – non-intact skin
				6- Fecal communicable disease (Hep A, Giardia, Cryptosporidium, Shigella, C-diff)
				7- Diarrhea within 2 weeks (or other time limit)
				8-Airborne communicable disease (cold, flu, active tuberculosis)
				9-Fever over 100 degree F.
				10-Vomiting in past 24 hrs (or other time limit)
				11-Athletes foot
				12 - Lice
				13 - Menstruation with internal protection
				14 - Menstruation without internal protection
Bladder/Bowel				1-Bladder incontinence
				2-Urinary Tract Infection
				3-Bowel incontinence with consistent stool program and no known fecal communicable disease
				4-Bowel incontinence without consistent stool program

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Metabolic				1-Renal dysfunction - Dialysis
				2-Diabetes
Thermo-regulation				1-Pregnancy
				2-Multiple Sclerosis
Pulmonary				1-Pulmonary disease (COPD, Asthma)
				2-Use of supplemental O2
				3-Aspiration risk - Absence of cough reflex - NPO order
				4-Tracheostomy with protective cap
Cardiovascular				1-Cardiomyopathy – NYHA II: Slight limitation of physical activity. Comfortable at rest.
				2-Cardiomyopathy – NYHA III: Marked limitation in activity due to symptoms, even during less-than-ordinary activity. Comfortable at rest.
				3 - Cardiomyopathy – NYHA IV: Unable to carry on any physical activity without discomfort. Symptoms of heart failure at rest. If any physical activity is undertaken, discomfort increases.
				4-Recent MI or myocarditis (can give specific timeline)
				5 –Older MI or myocarditis (can give specific timeline)
				6-Hypertension (179/109 or lower)
				7- Hypertensive crisis (180/110 or higher)
				8-DVT – on anticoagulant therapy
				9-Orthostatic hypotension

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Neurological				1-History of seizures but no recent activity (can give specific timeline)
				2-Active recent seizure activity (can specify timeline)
				3-Autonomic dysreflexia/ SCI
				4- Behavioral/Cognitive Safety Concerns
Sensory System				1- Hearing impaired / hearing aids / Cochlear implants
				2- Inner ear infection – Otitis Media
				3 – Outer ear infection – Otitis Externa
				4 – Ear tubes – Tympanostomy tubes
				3- Vestibular dysfunction
				4- Peripheral neuropathy / loss in sensation
Orthopedic				1-Weight bearing or ROM limitation precautions
				2-Osteoporosis
Other				1-Medication Concerns (chemotherapy, medicine patches, topical medicine)
				2-Patient weight exceeds maximum lift capacity and unable to enter/exit pool safely.
				3-Lightening/Storm Weather