



The Miller Therapeutic Pool at Mt. Ascutney Hospital and Health Center is the only rehabilitation pool of its kind in Vermont. The 17' x 36' pool has descending water depths of three, four, and seven feet to support a variety of rehabilitation needs. The state-of-the-art, computer-driven filtration system provides continuous online regulation of temperature and water quality. A dehumidification heat recovery system in the pool building's ceiling controls humidity, and temperature of the pool is carefully maintained at 92-93 degrees Fahrenheit. Named in honor of long-time hospital supporters, O.W. "Chick" and Olive Miller, the pool opened in December 1999.

All patients being referred for aquatic physical therapy will be evaluated and treated by specially trained Physical Therapists. All patients referred to community aquatic programs need to receive clearance from their doctor.

For more information, please call (802) 674-7287.

“With the help of the wonderful and skilled therapists and after doing all the exercises to make my legs strong, I was soon back to my normal self. Going to the pool is a great place to exercise in the warmth of the water and get help with your body, get relief, and have fun doing it.”

*~ Carol Patton
Quechee, VT*

THE MILLER THERAPEUTIC POOL

Experience the healing effects of water.

289 County Road, Windsor, VT 05089
(802) 674-6711 SmallMeansMore.org

The Miller Therapeutic Pool harnesses the healing power of warm water. Aquatic therapy is a form of rehabilitation that relies on exercises performed in a heated pool to help patients recover from injuries and relieve chronic pain. The warm properties of the 92-degree pool allow patients to move naturally in the water, free from the pain and immobility they experience on land.

Aquatic therapy is used to treat many conditions, including neurological disorders, orthopedic and postoperative conditions, chronic pain, and cardiopulmonary disease. Patients don't need to be swimmers; they can perform exercises while standing in the pool or with the support of a flotation device, all while under constant supervision and 1:1 treatment for safety.



BENEFITS

Aquatic therapy is successful because:

- The warm water relaxes the body and reduces pressure on the joints, making it easier to exercise with little or no discomfort.
- The aquatic environment encourages patients to exercise, which improves joint mobility.
- Patients experience less physical stress during exercise in the water, which is easier on the heart and assists in peripheral circulation.
- The buoyant nature of water and the freedom from gravity gives patients increased range of motion.
- Warm water reduces abnormal muscle tone, allowing patients better control of their bodies.
- Patients can improve their balance without fear of falling or getting injured.

AQUATIC THERAPISTS

Our aquatic therapists guide patients through a series of supervised exercises in the pool to treat specific ailments. Aquatic therapists create customized plans for each patient, and they provide a relaxing and nurturing environment.

COMMUNITY PROGRAMS

The Miller Therapeutic Pool offers community-based programs that introduce aquatic exercise as part of healthy living. Learn how to exercise correctly in water with a trainer and start your own water exercise program.

INDEPENDENT EXERCISE

The independent exercise program is ideal for patients transitioning from physical therapy and community members who would benefit from exercising in the pool. Our aquatic trainers design exercise programs tailored for each individual.

GROUP CLASSES

Exercise in a fun and dynamic group setting. We offer a variety of group classes that address many fitness needs, including improving body strength, flexibility, balance, and posture.