

Cleveland Guardians: Hydrotherapy That's Always Ready



SwimEx® 1000 T therapy pool with dedicated hot and cold plunges. Minutes to water. Usage on game days: 80–85% of the roster.

"It's nice to know that the support that you're receiving from SwimEx is also world-class."

Lonnie Soloff, SVP, Medical Services, Cleveland Guardians

At-a-glance

- Usage on game days: 80–85% of the roster
- Shower-to-hydrotherapy time: minutes
- Capacity at once: Room 8–14; Hot ~6; Cold ~4–5
- Staff supervision: ~1 staff member per 2–3 athletes

OVERVIEW

Major League Baseball (MLB) seasons are long, and the hydrotherapy room is busy throughout the MLB season and postseason. During a \$200 million clubhouse renovation, the Guardians doubled the hydrotherapy footprint and upgraded to a SwimEx 1000 T plus dedicated hot and cold plunges, with a layout that flows directly from showers into the hydrotherapy room. The result is a dependable, easy-to-run space that staff and players rely on throughout the year. On game days, players are in the water within minutes; about 80–85% of the roster uses the room. Clear sightlines enable staff to comfortably supervise two to three athletes each and maintain smooth rotations.

"SwimEx continues to be exceptionally reliable, more so than other groups we have worked with over the years."

Jeff Desjardins, Head Athletic Trainer, Cleveland Guardians

"A super affordable price in relation to other options on the market. It always felt like a no-brainer to us."

Lonnie Soloff, SVP, Medical Services, Cleveland Guardians

