



Hydrotherapy

Information for patients
Physiotherapy



WHAT IS HYDROTHERAPY?

Hydrotherapy is the use of water with tailored physiotherapy exercises to help manage a variety of different problems.

The water provides increased buoyancy, warmth and resistance which can help with recovery. The water temperature is usually 32-36°C.

Hydrotherapy can help:

- ❖ Reduce pain
- ❖ Increase movement at joints
- ❖ Strengthen muscles
- ❖ Improve balance and mobility

HOW CAN I GET HYDROTHERAPY?

If your physiotherapist feels you require hydrotherapy to progress with your rehabilitation, they will refer you to a specialist physiotherapist at the hospital. You will also be referred for a swim pass for the Active Health program to enable you to continue with your hydrotherapy exercises out with your sessions.

Common reasons for referral

- ❖ Multi-joint pain—osteoarthritis, rheumatoid arthritis, rheumatological conditions
- ❖ After orthopaedic surgery or joint replacement
- ❖ Conditions affecting mobility and muscle control or injury
- ❖ Back pain

WHAT TO EXPECT

You will get wet!

A physiotherapist or physiotherapy assistant will discuss and agree the exercises that will benefit your condition; these will be tailored to your needs and ability. These can be adjusted as you progress.

There will normally be other people exercising in the hydrotherapy pool at the same time.

Your hydrotherapy programme will be for four sessions. You will be in the pool for 20-30 minutes for each session.

WHAT TO BRING

- ❖ Swimming costume/shorts
- ❖ Water/juice
- ❖ Soap/shampoo if you wish to shower afterwards
- ❖ Towels can be provided

AFTER YOUR SESSION

You may feel tired due to the exercise and the warmth of the water. This is normal. Your pain may increase for a short period after exercise before improving, this is also normal.

It is important that you are properly hydrated after your session.

ATTENDING HYDROTHERAPY

If you are unwell, have had sickness or diarrhoea within 48 hours of your appointment, or are unable to make your session please contact the department on 01698 366420.

AT THE END OF YOUR PROGRAMME

After you have completed your four sessions, you will be referred back to your referring physiotherapist to continue with rehabilitation and encouraged to continue with your hydrotherapy program.

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