



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Hydrotherapy

Physiotherapy Department



Appointment time:
Dates

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What is hydrotherapy?

Hydrotherapy is treatment using therapeutic exercises in a heated pool environment. It utilises the warmth of the water to relax muscles and relieve pain. The buoyancy in the water can be used to assist movement to gain range or resist movement to increase strength.

There is a chartered physiotherapist to help, who will be in the water and a physiotherapy assistant helping around the sides of the pool. You do not need to be able to swim to benefit from hydrotherapy, however if you can not swim or are fearful of going in water, please discuss this with your physiotherapist as other forms of treatment can be offered.

About the pool

- There is a shallow and a deep end of the pool with a maximum depth of 4 foot 6 inches
- Temperature is between 34°C and 35.5°C
- Entrance to the pool is either via stairs which have handrails or over the edge of the pool.
- There is a hoist available for anyone who is unable to use stairs.
- The water is chlorinated so please inform your physiotherapist if you are allergic or sensitive

What will you need to bring?

- A swimming costume
- Towel and shower gel (there are shower facilities)
- A drink of water to prevent dehydration
- **Bring any medication you might need along with you and leave it at the pool side eg. Inhalers, GTN spray**

Please be aware that hydrotherapy sessions at St Peter's Hospital are mixed gender group sessions.

Please arrive early enough to allow time to change and shower before your allotted appointment time. Late arrival may mean a reduced session

Hygiene and safety

- You must remove your shoes before entering the pool changing area.
- Extreme care should be taken when walking in the pool area as the floor may be wet and falls can occur. We will provide walking aids for those who require help.
- You will be asked to shower before and after the session
- If you are feeling unwell or have a cold, please do not come for hydrotherapy and contact the department on 01932 722547 to let us know you will not be attending.

The Trust's access policy states that patients will be discharged if they do not attend their appointment or cancel more than two appointments. If you are unable to attend, please contact the department on 01932 722547

First appointment

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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