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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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Ante-Natal Hydrotherapy Class

Pelvic Health Physiotherapy



Friday, River Bourne Club, Heriot Road, Chertsey, KT16 9DR			
Class 1	Class 2	Class 3	Class 4
08:30 / 09:00	08:30 / 09:00	08:30 / 09:00	08:30 / 09:00

What is antenatal hydrotherapy?

Antenatal hydrotherapy is an exercise class based in the water. This class takes place each week at the River Bourne club (Chertsey). You should aim to book into 4 sessions in a row. It is run by a specialist pelvic health physiotherapist for those who have pain in pregnancy.

Exercising in water has been shown to reduce pain in pregnancy. It is often useful as it helps to reduce the weight on the joints whilst also adding resistance to help improve muscle strength.

The class aims to improve:

- Strength
- Movement
- Flexibility
- Bodily awareness

The class is tailored and can be adapted for different ability levels. You might be guided or encouraged to make some exercises individual to meet your own goals.

What happens in the class?

Each class lasts 30 minutes and takes place in a closed off section of the swimming pool. You will either need to use a

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 Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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poolside ladder to get into the pool or use the steps (however this will require walking across the pool under lane dividers).

You may be asked to complete a questionnaire or feedback form at the end of the first / last sessions.

Your responsibilities

Come prepared

- Bring a water bottle and a snack for after the session
- Bring swim wear and a towel
- Bring a padlock for the lockers at the gym
- Please eat 1-2 hours prior to attending a class

On arrival check in with reception and then head straight to the changing rooms, the physiotherapist will meet you in the pool. The class time given is the time the session will begin in the pool. Please arrive early to allow enough time to get changed and be in the pool for your session start time. Please let us know in advance if you are unable to attend.

We encourage you to also try to attend a pool to complete similar exercises again in the week or if you have been provided a home exercise programme by your physiotherapist then you should also complete this through the week.

If you have any questions or concerns please raise with one of the Physiotherapists or Physiotherapy assistants that run the class.

Parking

Parking is available next to the River Bourne club in the Chertsey library car park. Costs are approximately £1.30 per hour (dependent on length of stay).

Can't make it?

If you can't attend your class appointment, please let us know with 24 hours advance notice by telephoning the Physiotherapy department on: **01932 722547**

We ask that you make every effort to attend booked classes; our class appointments are valuable and usually have a waiting list. If you cancel a class, we cannot routinely offer additional class appointments to replace the one missed.

Please be aware, as part of the Trust's access policy, if you fail to attend a booked class or cancel on more than one occasion, you will be discharged from the Physiotherapy department, any future appointments may be cancelled and you will need to contact us if you would like to be reinstated.

We look forward to seeing you in the pool.

Please use these blank pages to make notes after the class. These notes will help you to remember the exercises when you come to the pool alone.