

What is physiotherapy-led hydrotherapy?

Information about hydrotherapy for adults with learning disabilities



Your physiotherapist thinks that hydrotherapy might help you. We will talk to about hydrotherapy and if you would like to do it.

What is hydrotherapy?

It is exercise and relaxation in water and is used by physiotherapy staff to help you move better. To help you relax it is best that the water is warm.

How will it help me?

- help you to relax
- make pain easier or go away
- make movement easier
- exercise your muscles

Your physiotherapist has assessed you and will have discussed with you and your carers if hydrotherapy will be good for you.

You will be given a list (about your health) to fill in before you start a block of hydrotherapy to see if hydrotherapy is suitable for you.

Who is at the pool?

You will be helped by physiotherapy staff in the water. There will also be an attendant at the pool side.

Your carers may also join you in the pool with prior agreement of the physiotherapy staff.

Your carer will need to check if they are safe to go into the warm pool.

What do I need to bring?



- swimming costume
- towel
- waterproof underwear if needed
- a drink
- any medication
- two of your own slings if you need these.

Your carers or family will bring you to the pool and help you get changed.

Do I need to be able to swim?

No because the physiotherapy staff will help you in the water at all times.

How will I get into the water?



You will be helped by the physiotherapy staff. They may need to use specialist equipment.

How long will it last?

You will be offered _____ sessions every _____ for _____ weeks.

For your first session you will be in the water for up to 10 minutes. Your next session may last up to 20 minutes as you get used to the water.

When should I not come to the pool?

If you have:



- sickness
- an upset stomach
- lots of fits
- open sores
- an infection
- monthly bleeding (ladies).

What if I don't like it?

You don't have to do it and the physiotherapy staff will talk to you and your carers about other ways to help you.

If you enjoyed your hydrotherapy sessions

At the end of your planned physiotherapy hydrotherapy block you may be able to join a hydro or swimming group to continue your exercises. This will need to be arranged by you and your carers.

Your physiotherapy staff member is:





How to get in touch with us

	you can phone or write yourself
or	you can ask your carer or parent to phone or write for you
or	your doctor can phone or write for you
or	anybody else involved in your care can phone or write for you

If you are unhappy about our services...



Please tell a member of staff.



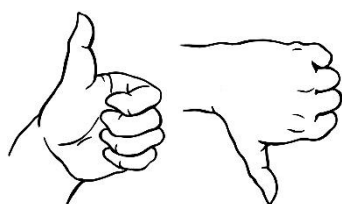
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.

Let a member of your care team know.

Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Trustwide

Service users and carers: <https://www.tewv.nhs.uk/services/what-is-physiotherapy-led-hydrotherapy/>

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