

Hydrotherapy Department Patient Information



Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

Author: Mary Devin
Role: Hydrotherapy Specialist Physiotherapist
Publication Date: 01/16
Review Date: 01/19

Your Hydrotherapy Appointment

The Hydrotherapy Department is located on Level 0 at Dorset County Hospital

Our telephone number is 01305 255429

Hydrotherapy or aquatic physiotherapy is water-based physiotherapy. Specially trained physiotherapists design individualised programmes that use the unique properties of water in order to improve function. This may involve strengthening weak muscles or improving mobility in joints and soft tissues after injury or operation. The water is heated to a comfortable 34.5°C so that the warmth of the water eases pain and helps muscles and joints move more freely.

In order to be referred to hydrotherapy, you must have an initial land based physiotherapy assessment. This will involve diagnosing your condition and informing you about what you can expect in terms of improvement. If hydrotherapy is deemed appropriate, your physiotherapist will agree goals for treatment with you and then refer you to hydrotherapy - all of this information will be passed on to the hydrotherapy team.

Once your goals have been met or it appears that your goals are unlikely to be met you will be discharged. Usually you will be referred back to the physiotherapist who referred you for further assessment and progression of land based treatment. However if no follow-up is required you may be discharged from physiotherapy altogether.

How do I get there?

Enter the hospital via South Wing Entrance 2. Once inside go straight ahead to the end of the corridor and turn left to hydrotherapy.

What will I need?

Please bring whatever you would like to wear in the pool (this does not need to be a swimming costume), a towel, and soap or shower gel. Please avoid bringing valuables as lockers are not provided however you can store your items at poolside. Wearing of jewellery is not recommended due to risk of it snagging and causing injury while exercising.

Reasons for not attending

Please ring as soon as possible if you are unable to attend.

Please note you must not attend hydrotherapy if you have had diarrhoea or vomiting within the past 72 hours.

Should you have any of the following please ring to discuss suitability of hydrotherapy:

- An area of broken skin or a skin rash
- A high temperature or infection

How long will it take?

Hydrotherapy sessions last up to 30 minutes. Please arrive 15 minutes before your first session to allow time to discuss health and safety aspects related to the pool. Please also leave time to rest and have a drink afterwards as you may feel tired from the exercise.

How many sessions will I have?

There is no set limit to the amount of sessions you will have and this will be decided on a case by case basis. Often you will gain more from hydrotherapy if you go to a local pool in order to practise the exercises you have been shown.

Who else will be there?

It is likely there will be other therapists and patients working in the pool during your treatment. The gender of others in the pool cannot be guaranteed. You may bring a friend, relative or carer with you, especially if you need help with dressing. However for safety reasons they will be required to wait in the reception area, not at poolside during your treatment. Any special requests will be considered on a case by case basis.

Skin care

You are required to shower before getting in to the pool. This is to minimise the amount of chlorine we have to use. Please avoid use of oil-based creams/body lotions before treatment. After treatment we suggest that you apply a moisturising body lotion. Please do not bring talcum powder as it makes the floor slippery which is dangerous for others.

Your appointments:

Day	Date	Time