

# Hydrotherapy service

## Therapy Services

### Patient Information Leaflet

#### Introduction

Our Therapy Services team offers hydrotherapy delivered by an experienced physiotherapist in a fully equipped, purpose-built pool which is situated within our Therapy Department at Russells Hall Hospital.

#### What is hydrotherapy?

It is a type of physiotherapy that uses the special properties of warm water. It uses water-based exercises to improve the function of your joints and muscles.

You do not need to be able to swim.

## What are the benefits of hydrotherapy?

We use the hydrotherapy pool to provide the latest techniques in physiotherapy, to help you recover quicker:

- After routine and specialist operations such as hip and knee replacements
- After fractures and other traumatic injuries

It can also be used:

- Before surgery to improve joint movement and muscle strength
- For orthopaedic or arthritic conditions, such as osteoarthritis and rheumatoid arthritis, to ease pain and improve joint movement
- To help manage muscle spasms

It can help improve blood circulation, relieve pain and relax muscles. It can also help with people who are not very mobile because activities that are not possible to do on dry land can be performed in the water.

Exercises against the resistance of water, and vigorous exercises within the water, can also improve muscle strength, balance and co-ordination.

## About the pool

Our pool:

- has specialist flooring and stepped access
- is accessible for wheelchair users
- is heated to between 33.9 and 34.1 degrees centigrade
- is equipped with a hoist for those who need it, and a range of exercise equipment
- is professionally maintained each day to ensure the water is free from bacteria
- At its deepest point, the pool is one and a half metres (4.9 feet) deep with a hand rail around the edge of the pool to hold on to for exercises, or if you lack confidence in water

In addition there are:

- individual changing and shower facilities
- secure lockers for your belongings
- therapy staff available to help you dress and undress, if needed

## **What happens before I have hydrotherapy?**

You will have an assessment to ensure that hydrotherapy is an appropriate treatment method for you. There are certain medical conditions that mean hydrotherapy is not suitable. This will be discussed with you at your assessment.

**If your medical condition changes during your course of hydrotherapy treatments, please tell a member of staff.**

Hydrotherapy sessions are designed to meet the needs of different patients. We offer a range of groups such as women-only groups, as well as individual sessions. Your physiotherapist will discuss this with you in more detail at your assessment.

## **What are the risks of hydrotherapy?**

There are no risks as long as you tell your therapist about any changes in your health during the course of your treatment.

## **What are the alternatives?**

Hydrotherapy is one of a number of therapies that will be offered to you. It is your choice as to whether you have this treatment.

## **How long do the sessions last?**

All sessions last for 30 minutes. We provide a course of treatment which is usually six sessions.

## What do I need to bring to the sessions?

- Shorts or a swimsuit. You can wear a T-shirt or similar over the top of these for modesty, if you wish
- Towel
- Shampoo and body wash
- Any medication you may need to take such as an inhaler, GTN (angina) spray

## What happens at the hydrotherapy sessions?

**Please arrive 10 minutes before each session** to give yourself time to get changed. When you have your swimwear on, you will be asked to shower in a communal shower area before entering the pool. We will provide any help you need to get ready and into the pool.

Once in the pool, you will complete a number of exercises under the guidance of experienced staff.

If you feel unwell during the session, please let the staff know. They can get you out of the pool and sort out any help you need quickly.

Your session will last 30 minutes.

### **To make sure you are safe:**

If you use crutches or any other mobility aid, you will need to use a walking frame in the pool area, or be wheeled to the pool.

Do not get in to the pool unless you are instructed to do so.

Although we make every effort to keep the floor as free from water as possible, there will be some water left on the floor so please take care.

## What happens after the session?

You can shower when you leave the pool, before getting dressed.

It is important that you drink plenty of water after your hydrotherapy session. For this reason, water is available in the department.

## What do I need to do at home?

You should continue to drink plenty of water.

Please note that you may feel tired after your session.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Therapy Services on 01384 456111 ext. 4525 (8am to 4pm, Monday to Friday)

Or e-mail [Therapy.dudleygroup@nhs.net](mailto:Therapy.dudleygroup@nhs.net)

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/physiotherapy/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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