



MSK + **together**

An integrated MSK service for Mid-Nottinghamshire

# Hydrotherapy

## Welcome to the Hydrotherapy!

We are pleased you will be joining others on this programme to help you manage and improve your pain, better understand how your pain affects you and what things can affect your pain. The programme aims to improve your quality of life, help you stay active and get you back to doing the things you enjoy.

# Hydrotherapy

**Please read this letter carefully as it contains important details of the programme, and what to expect.**

## WHAT IS HYDROTHERAPY?

Hydrotherapy is the use of water to treat conditions. Specific exercises and relaxation techniques are performed in a shallow heated pool at approximately 33-36°C under the supervision of a qualified physiotherapist. The heat, support, resistance and turbulence of the water enables movement to be performed that may be painful on dry land. All individuals work to their own levels and the lead physiotherapist can progress exercises when they are ready.

## WHERE ARE HYDROTHERAPY CLASSES?

Hydrotherapy sessions are run at King's Mill Hospital Hydrotherapy pool opposite Clinic 10 Physiotherapy.

Car park 16 is the closest to the pool and changing rooms are available.

On arrival the hydrotherapy assistant will direct you to the individual changing rooms.

If a friend/relative/carer is accompanying you, to help with mobility or changing, there is seating in the cool room, where they can wait.

## HOW MANY SESSIONS WILL I COMPLETE?

Hydrotherapy is run over 6 consecutive weeks.

**It is important you are able to commit to the programme in order to reap the benefits.**

If you are unable to attend one of your classes, please discuss this with the group leader.

## WHAT TO BRING TO YOUR FIRST CLASS

Please bring swimwear, a towel and shower gel, a water bottle, and reading glasses if required. If you have any questions before the first class, call us on **01623 484820**.

**We look forward to welcoming you soon!**

Class attendance is recorded in the same manner as a one to one physiotherapy appointment. If you fail to attend your class without letting us know, as per policy, you will be discharged from the department.