

If your child **does not attend** two consecutive appointments without cancellation, your child will be discharged from the service and appointments will be given to another patient.

Finishing the sessions

After completing the sessions, your child may already have an appointment booked in with your original physiotherapist. If not, the aquatic therapy staff can help arrange this.

Your child may benefit from continuing water-based exercise at your local pool – talk to the aquatic therapy staff for more information.

Useful contact numbers:

- **Physiotherapy Department**
 Telephone 01623 672384
 (Monday to Friday, 8am to 5pm).
- **Hydrotherapy pool**
 Telephone 01623 622515,
 extension 4273 (Monday to Friday,
 8am to 4pm).

Further sources of information

NHS Choices: www.nhs.uk/conditions
 Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
 Leaflet code: PIL202508-02-HC
 Created: November 2023/ Revised: August 2025/
 Review Date: August 2027

INFORMATION FOR PATIENTS

Aquatic therapy (hydrotherapy) for children



First session Date: _____

Time: _____

Attendees under 16 years old must be accompanied by an appropriate adult (over 18 years old) during **all** sessions.

Attendees who are 16 to 18 years old will be assessed to establish if an appropriate adult is required to attend.

Venue

King's Mill Hospital
 Level -1 (downstairs, opposite clinic 10).

Parking

Main hospital, car park 1.

Aquatic therapy

This is exercise in water supervised by an aquatic physiotherapist.

The depth of the pool is 0.95m to 1.35m. Your child does not need to be able to swim to attend these session. The sessions will include specific exercise and relaxation in the water.

The hydrotherapy pool is warmer than a swimming pool (about 34 degrees centigrade) and can be beneficial for several reasons:

- **Heat** – can help with pain, improve circulation, loosen tight muscles and encourages relaxation.
- **Buoyancy** – can support your body weight, relieving pain and increase joint range of movement.
- **Water resistance** – can be used to strengthen muscles.
- **Turbulence** – can be used to increase resistance and challenge your balance.

These properties of hydrotherapy often allow people to complete exercise in water which they may normally find difficult and painful on land.

What to expect

Please arrive at the hydrotherapy pool at least 10 minutes before your appointment time.

If your child's health or condition has changed since your referral was made, please notify a member of the team prior to entering the pool.

Your child will be allocated their own changing room which has a shower and toilet. **Your child must shower thoroughly before entering the pool.** The pool is accessible by gradual steps with a handrail.

Your child will complete a session in the pool which will last between 20-30 minutes and will be supervised by an aquatic physiotherapist and an assistant. There may be up to five other patients in the pool with you at the same time.

It is normal to feel more tired due to the heat and exercise. We would advise eating and drinking plenty following the sessions.

On the day, please bring:

- Suitable swim wear such as swim trunks or a costume. A clean t-shirt and shorts are optional.
- Towel and toiletries for showering before and after using the pool.
- Water in a non-glass bottle (if required).
- Any fast-acting medications normally taken like asthma inhalers.

Your child must attend with an appropriate adult (over 18 years old) who will be asked to sit in a room adjacent to the pool.

If your child is not a confident swimmer, please discuss this with your referring physiotherapist and also let the aquatic physiotherapist know, so that they can put extra safety measures in place.

There is an expectation that your child is well behaved during the appointment to protect their safety and that of others. If your child misbehaves, then their remaining appointments may be cancelled.

Attendance

If your child is unable to attend any of the appointments, please let us know so we can offer the appointment to another patient. This cancelled appointment cannot be replaced with another one, therefore that session will be lost. Your child will still be able to attend subsequent booked sessions.

If your child has sickness or diarrhoea, please ensure they are clear of any symptoms for at least 48 hours before the session, otherwise please cancel the appointment.