

## Finishing your sessions

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

You 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](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

### Aquatic therapy (hydrotherapy) for adults



**First session** Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Venue

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

### Parking

Main hospital, car park 1.

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

## Aquatic therapy

This is exercise in water supervised by an aquatic physiotherapist.

The depth of the pool is 0.95m to 1.35m. You do not have to be able to swim to attend these sessions. 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 you to complete exercise in water which you 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 health or condition has changed since your referral was made, please notify a member of the team prior to entering the pool.

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

You 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 you normally take, like asthma inhalers or angina spray or tablets.

If you are not a confident swimmer, please let your aquatic physiotherapist know so that they can put extra safety measures in place so that you feel safe and confident in the pool.

If you need help with changing or translating, please bring a relative/carer or friend with you.

### Attendance

If you are 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. You will still be able to attend subsequent booked sessions.

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

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