

## INFORMATION FOR PATIENTS

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# Self-led aquatic therapy

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**This leaflet explains more about the Therapy Services, self-led aquatic therapy sessions. If you have any further questions, please speak to the aquatic therapist.**

### What is self-led aquatic therapy and how does it work?

Aquatic therapy is a form of exercise carried out in a specially heated pool, often directed by a physiotherapist.

Self-led aquatic therapy encourages patients to continue with their pool exercise programme under the guidance of a staff member but still within the hospital setting, giving them independent management of their condition.

The self-led aquatic therapy session is supervised by physiotherapy assistants, who remain poolside in case of emergencies. They can also issue equipment and offer simple advice, but are not available for assessment or treatment.

### Who can use the service?

You can access this service if you have previously completed a series of aquatic therapy sessions with a fully qualified physiotherapist at King's Mill Hospital. You must be independent with the pool exercises and can access the pool independently. Please bring a carer to assist with changing if necessary.

### When are the self-led aquatic therapy sessions?

We are currently offering Friday morning sessions from 08.15am to 12pm.

**Each session lasts 30 minutes.** There is a **maximum of six people per session**, so you will need to book your session times in advance.

You will receive confirmation of your sessions in letter format, which you can take with you to the General Office at King's Mill Hospital where you pay for your sessions.

### Where do I need to go?

The hydrotherapy pool is situated across from Clinic 10 (Therapy Services) at King's Mill Hospital. You can park in the main car park opposite the hospitals' main entrance.

### What do I need to bring with me?

- Swimsuit or shorts, flip flops to wear outside the pool.
- Any fast-acting medication like asthma inhalers or angina spray or tablets.
- You must shower thoroughly before entering the pool, so bring shower gel, a towel and, if you have long hair, a hair band to tie your hair up.

### Please call and cancel if you:

- Are unable to attend for any reason.
- Have a fever or the flu ,or you are feeling unwell.
- Have had diarrhoea within the last 48 hours.
- Have an open cut or wound that cannot be covered with a waterproof dressing.

### How much does it cost?

Sessions are offered in blocks of six to be used within six consecutive weeks. We offer this at a cost of £24.00. If for any reason you are unable to attend a session, you will unfortunately lose that session as we are unable to add this on to the end of the block.

### Where do I pay?

All sessions are to be paid in full at the General Office, which is situated in the main entrance – from the main entrance, turn left before Costa Coffee and the office is on your immediate left.

### Booking/cancelling

To book or cancel your sessions, please contact the physiotherapy team on 01623 622515, extension 4273 or 2526. Lines are open Monday to Friday. 8am to 4pm.

### Contact details:

- **Telephone:** 01623 672384
- **Reception opening time:** 8am to 4pm

**For further information about self-led aquatic therapy, or if you have any questions or concerns about your rehabilitation, please contact your physiotherapist.**

### 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.

To be completed by the Communications office  
Leaflet code: PIL202407-01-SLAT  
Created: July 2024 / Review Date: July 2026