**Sandwell & West Birmingham NHS Trust**

**Hydrotherapy**

**Patient Information Booklet**

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**What is Hydrotherapy?**

The term hydrotherapy is derived from the Greek words ‘Hydro’ meaning water and ‘Therapeia’ meaning healing. Hydrotherapy involves specialist exercises which take place in a warm pool (at 35 degrees C).

**How can Hydrotherapy help me?**

It can be used as the only form of treatment indicated, or as part of a self-management programme. Further, it can be used following surgery and acute injuries where pain is restricting patients to undertake land based exercises.

Hydrotherapy can offer many benefits, which are shown as follows:-

* Relaxation due to the warmth of the water and decrease in muscle tone in a gravity free environment.
* Provides relief of pain and muscle spasm which is maintained throughout treatment.
* Buoyance of water enables easier movement.
* Decreased gravitational influence.
* Decreased joint compression.
* Improved cardio vascular fitness.
* Reduction of swelling.

**What conditions can Hydrotherapy be used for?**

Hydrotherapy can be utilised for a variety of conditions including:-

* Chronic pain
* Osteoarthritis
* Post-surgery such as Total Knee Replacements etc
* Low back pain
* Fibromyalgia/Multiple Joint Pain
* Sports Injuries
* Post fractures
* Knee Arthroscopy

**Are there any conditions/reasons I can’t have hydrotherapy**

Before having hydrotherapy you will need to have a full assessment by a qualified physiotherapist who will also undertake a risk assessment to ascertain whether you will be able to attend hydrotherapy. Conditions/general health problems which will not be considered for hydrotherapy are as follows:-

* Most neurological conditions
* Angina at rest
* Known Aneurysm
* Diarrhoea and vomiting
* Advanced renal failure
* Open infected wounds
* Unstable CVA/strokes
* Acute Pulmonary Embolism/Deep Vein Thrombosis within 3 months
* Bowel incontinence
* Uncontrolled epilepsy
* Uncontrolled diabetes
* Radiotherapy treatment within 3 months
* Orthopnoea

The above list is not exhaustive and if you have any concerns, or new health problems, please discuss this with your physiotherapist or one of the hydrotherapy team.

**What does hydrotherapy involve?**

Hydrotherapy takes place in a warm pool normally around 35 degrees C. You do not have to be able to swim to have hydrotherapy. There are rails around the inside of the pool wall and when standing the water will come approximately no higher than your shoulders in the deepest lane for the majority of people. Access to the pool is via steps. For people who cannot manage steps there is a mechanical hoist pool side.

You will be expected to carry out exercises within the hydrotherapy pool. Treatment will consist of **4 teaching sessions** for people with longstanding conditions as the main aim of hydrotherapy is to teach appropriate exercises for you to continue independently in a local pool and help in the self-management of your condition. If you have had a recent injury or surgery you may receive up to 8 sessions if you are finding hydrotherapy beneficial.

**If you fail to attend two consecutive appointments without notification you will be discharged. Repeated cancellation or poor attendance without adequate notification will also result in discharge.**

**Who will undertake my Hydrotherapy?**

The hydrotherapy team who will be supervising your exercises consist of qualified physiotherapists, experienced physiotherapy assistants and on occasion’s students under supervision.

**What will I need to bring with me?**

Please bring with you:

* Costume/swimming shorts and towel.
* Old style £1 coin or supermarket trolley token for the lockers, which is returnable.
* Footwear worn poolside is optional, but outdoor footwear must be covered with blue plastic covers provided, or flipflops can be worn (not provided) Please ensure that you are safe to walk in your chosen footwear. If you use any walking sticks or crutches you will be provided with walking frames for use around the poolside area for your safety.
* Medication with you that you may need during your treatment. For example, inhalers if you are asthmatic, GTN spray if you have controlled angina, measures to control diabetes.

**If you do not bring this medication with you when you attend for hydrotherapy you will not be able to enter the water due to health and safety reasons.**

**Where is the location of the Hydrotherapy Pool?**

**Portway Lifestyle Centre, Newbury Lane, Oldbury B69 1HE**





**Directions by Car:** The Portway Lifestyle Centre can be accessed via Junction 2 of the M5, taking the A4123 Wolverhampton Road and then left into Newbury Lane. Alternatively, **from Smethwick** it can be accessed from the A457 Oldbury Road towards Oldbury, then the A4034 towards Rowley Regis and finally, turning right onto the Wolverhampton Road as above. Finally **from Oldbury/West Bromwich** you can travel through Oldbury and along the A4034 southbound to Junction 2 Island of the M5, or **from Rowley Regis** northbound along the A4034 Oldbury Road and then onto the Wolverhampton Road as above.

**Bus/Metro/Train** – See current/up to date timetable information at Nxbus.co.uk

For more information, please go to [**www.slt-leisure.co.uk**](http://www.slt-leisure.co.uk)regarding location and the leisure centre.