

Hydrotherapy at Cannock Hospital

Physiotherapy & Occupational Therapy

Who is this leaflet for?

This leaflet is for patients referred to Cannock Hospital for hydrotherapy. It explains what hydrotherapy is, the potential benefits and other information you will need to know before starting hydrotherapy sessions.

What is Hydrotherapy?

Hydrotherapy is the use of water as a medium for the treatment of many neurological or musculoskeletal conditions such as arthritis and back pain.

It differs from swimming as patients are taught individually selected exercises to perform in the water, there is no "swimming" involved.

The pool is much smaller than a swimming pool and the water temperature is warmer, being controlled at 34.5 – 35 degrees.

There are changing cubicles and showers on the pool side for you to use before and after your session.

Hydrotherapy at Cannock Chase Hospital is carried out in mixed sex group sessions.

How does Hydrotherapy help?

The warmth of the water allows your muscles to relax, easing the pain in your joints and muscles, therefore, making exercise easier than on land.

The water helps to support your body weight, reducing the weight going through your joints, again helping to reduce your pain allowing you to move more easily.

The resistance of the water can also assist in strengthening your muscles.

What if I can't swim?

You don't need to be able to swim. The pool here at Cannock is 1.4 metres (4' 7") at its deepest and there is a handrail all around the pool that you may keep hold of to perform your exercises.

All the exercises we may teach you are done in a standing, seated or in a floating position, you will never have your head under water. We will not teach you anything that you are uncomfortable with. Most people find hydrotherapy very enjoyable.

There are buoyancy aids available for adult non swimmers if you wish to use them.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

What will I need?

You will need a swimming costume and a towel. Also bring with you any medication you may need whilst exercising, for example inhalers, GTN spray or glucose tablets if you are diabetic.

How will I get in/out of the pool?

There are seven wide shallow steps with a handrail into the pool. The Physiotherapist is there to assist you if required. However, a hoist is available if you cannot manage the steps.

Can I have someone with me to help me get dressed?

If you need help with undressing/dressing, you are welcome to bring someone with you to help. Please discuss this with your Physiotherapist.

How many sessions of hydrotherapy will I have?

A course of hydrotherapy consists of up to 6 sessions.

We monitor pool chemical levels frequently throughout the day to ensure they are kept within safe limits. If chemicals do go out of range then we will need to cancel your session at the last minute for your safety. When booking your sessions please ensure reception staff have an up to date telephone number so we can contact you to inform you of any cancellations.

What happens when I have finished the course of hydrotherapy?

You will be reviewed by your referrer. We encourage all patients to try and continue their exercises in some way to maintain the benefits they have gained from hydrotherapy, whether this is in the form of swimming, dry land exercises or ongoing hydrotherapy via Versus Arthritis or the local brine baths. Please speak to your physiotherapist about this.

Are the arrangements for children different in any way?

All children must be accompanied by an adult during every session. If an adult is not available to accompany your child, you must gain prior approval from your physiotherapist for your child to take part in the session. It is possible that the physiotherapist may not be able to accommodate this request which may result in your child having to miss a session.

A maximum of 4 children (with an adult) are allowed in the pool at any one time.

If your child can't swim it is advisable to bring your own armbands as there are only a limited number of floats available to borrow.

What else do I need to know?

We ask all patients to use the pool side shower before hydrotherapy, even if you have showered that morning. We also advise you to shower after your session to remove any traces of chlorine from your skin.

You will be encouraged to have a drink after your session to replace any fluid lost from your body whilst in the pool. Sugar free squash is provided.

It is normal to feel tired after hydrotherapy so do not be too energetic after a treatment session. You may also ache a little more than normal, this is normal response to exercise and will get easier with each treatment session.

Hydrotherapy is a group session, therefore 1:1 care cannot be provided. In special circumstances, if you do require more 1:1 support then it may be possible for a carer or relative to assist you in the pool under the supervision of the Physiotherapist. They would also have to be health screened to assess their suitability for the pool.

Please do not bring any items of value as we cannot be held responsible for any items left unattended in the hydrotherapy area.

All outdoor footwear must be removed or plastic shoe covers worn (provided by the department) before entering the pool area.

If you use any hospital towels we kindly ask you place them in the laundry bins after use.

If you are unable to attend for treatment, please inform the Physiotherapy department as soon as you can on 01543 576411. If you cancel or do not attend one of your sessions unfortunately you will be unable to rebook this session. If you do not attend for two consecutive sessions then you may be discharged. Therefore when booking the sessions please ensure you are able to attend all sessions. In the event of any exceptional circumstances that may have led you to miss or cancel any appointments please contact the department.

PLEASE NOTE: In the event of any future pandemics or changes in advice from government or the Department of Health, information in this leaflet may be subject to amendment. If you are concerned please speak to your physiotherapist.

If you have any further questions about hydrotherapy, please speak to a member of staff.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。