



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553. To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Children's Hydrotherapy Physiotherapy



Patient Information

What is Hydrotherapy?

Hydrotherapy uses exercises in a heated pool to relax muscles and relieve pain. The buoyancy of the water can be used to make movements easier or to resist movement to strengthen muscles. Hydrotherapy also helps improve posture, co-ordination and balance.

There is a physiotherapist in the pool and another therapist helping outside the pool. You do not need to be able to swim for Hydrotherapy, but if you are fearful of going in the water, please talk with your Physiotherapist as other forms of treatment can be offered.

About the pool

- The pool is 14x7feet and has a shallow end and a deep end (with a maximum depth of 4 foot 6 inches).
- You enter the pool via steps or over the side of the pool.
- The average water temperature is between 34-35.5°C.
- The water is chlorinated so please inform the Physiotherapist if you are allergic or sensitive.

What do I need to bring?

- A swimming costume (or you may wear t-shirts and shorts if you would like to)
- Towel and shower gel (there are shower facilities available)
- A drink
- **Bring any medication you might need and leave it at the pool side (e.g. inhalers)**

Please arrive 10 minutes early to allow time to change and shower.

Hygiene and safety

- You must remove your shoes before entering the pool changing area
- Extreme care should be taken when walking in the pool area as the floor may be wet and falls can occur. We will provide walking aids for those who require help
- You will be asked to shower before and after your session
- If you have any infections, wounds, verruca or athlete's foot, please telephone prior to your appointment as you may not be allowed to enter the pool.

What if I feel unwell?

It is not advisable to attend Hydrotherapy if you have a temperature or feel unwell on the morning of your session. If this happens, please telephone the Physiotherapy Department and we can rearrange your appointment. Similarly if you feel unwell during Hydrotherapy, please let the Physiotherapist know straight away.

Contact Information

If you have any questions, problems or comments, please speak with the Physiotherapist or contact the **Physiotherapy Department on 01932 722547.**

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

Author: Isey Lane & Elizabeth Head

Department: Physiotherapy

Version: 2

Published: March 2014

Review: March 2015