

Patient information

Hydrotherapy

Barts Health Physiotherapy Website:

www.bartshealth.nhs.uk/physiotherapy



What is hydrotherapy?

Hydrotherapy is a form of physiotherapy that takes place in a purpose built pool, which is heated to around 33-36 degrees. The physiotherapist will show you some exercises for you to complete in the session with guidance. There are different levels for each exercise which allows you to progress within the pool.

The hydrotherapy pool is located in the Mile End therapy unit. From the main entrance, head to the red zone, where the therapy unit is located on the left. The hydrotherapy pool is located behind the physiotherapy gym. Reception will be able to show you where to go.

What are the benefits of Hydrotherapy?

The water is warm at around 33 to 36 degrees which encourages relaxation, pain relief and ease of movement.

Buoyancy (floating) within the water helps to support body weight, removing gravity and taking pressure off the joints, allowing them to move more freely.

Resistance within the water also allows you to build up strength. You can also use equipment in the pool to increase this.

Who attends Hydrotherapy?

Hydrotherapy is appropriate for a wide range of problems. It is commonly used when land physiotherapy is too painful to complete, or when you cannot put all your weight through one of your legs (e.g. after operations). It can also be helpful for fibromyalgia.

When does Hydrotherapy take place?

Initially, you will be booked in for an induction on a Monday afternoon at 13:15 where you will be shown around and complete paperwork – you will not get into the pool on this day. After this, you will be booked for your first session in the pool.

Typically, each patient will receive a maximum of four sessions, and you are expected to attend local pools to continue with your exercises independently. Please be aware that local pools will not be as warm as the Hydrotherapy pool but the added benefits will still apply.

What should I bring?

You will need to bring a towel and a swimming costume. You can wear a t-shirt and shorts/leggings over the top of your swimming costume for your comfort. These items must be clean and they should not have not been worn outside.

Make sure that you bring any medications with you if required, for example if you are asthmatic, you will need your inhaler.

What happens at the first appointment?

Please arrive half an hour before your **first** hydrotherapy session to allow for time to complete paperwork etc. After this, please arrive ten minutes before your future appointments to make sure you can get straight into the pool at your allocated time.

We have cubicles to get changed in and lockers are provided with keys for your valuables. You will then need to wait for the Physiotherapist to call you into the pool area. You will need to have a quick shower before entering the pool. The Physiotherapist will then induct you to the pool area and inform you of safety procedures.

What happens after each appointment?

You will be advised to leave the pool, have a quick shower and get changed. Our Therapy Assistant will then book you in to your next session. If it is your last Hydrotherapy appointment, you will either be discharged or re-booked in for further land Physiotherapy. Your Physiotherapist may also ask you to attend sessions on land alongside your Hydrotherapy.

Contact Information for Barts Health Therapies Department

The Royal London Hospital
Telephone No: 0207 377 7872
Email: BHNT.BartsHealthTherapies@nhs.net

Mile End Hospital
Telephone No: 0207 377 7872
Email: BHNT.BartsHealthTherapies@nhs.net

Whipps Cross University Hospital
Telephone: 0208 539 5522, Ext: 5485 (Wanstead site: 0208 989 2368, Chingford site: 0208 524 3071)
Email: wxphysio.outpatients@bartshealth.nhs.uk

Newham University Hospital
Telephone No: 0207 363 8141
Email: TherapyOutpatients.Newham@bartshealth.nhs.uk

For patient information leaflets on other conditions please visit:
www.bartshealth.nhs.uk/physiotherapy

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services.
www.bartshealth.nhs.uk/pals

Large print and other languages

For this leaflet in large print, please speak to your clinical team.
For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Te informacje mogą zostać na żądanie przedstawione w formatach alternatywnych, takich jak łatwy do czytania lub duża czcionka, i w różnych językach. Prosimy o kontakt pod numerem 02082238934.

Macluumaadkan waxaa lagu heli karaa qaabab kale, sida akhriska fudud ama daabacaadda wayn, oo waxaa lagu heli karaa luqaddo kale, marka la codsado. Fadlan la xidhiidh 02082238934.

এই তথ্য বিকল্প ফরম্যাটে, যেমন সহজে পড়া যেসব অক্ষর ডি বিন্ট গ্রিঃ আপনার অনুটরাটে বিকল্প ভাষায় পাওয়া যেতে পারে। অনুগ্রহপূর্বক যোগাযোগ করুন 02082238934।

Bu bilgiler, okuması kolay veya büyük baskılar gibi alternatif biçimlerde ve talep üzerine alternatif dillerde de sunulabilir. İrtibat için lütfen 02082238934 numaralı telefondan ulaşın.

اس معلومات کو متبادل شکل، جیسے، پڑھنے میں آسان یا بڑے حروف، میں دستیاب کرایا جا سکتا ہے، اور درخواست کرنے پر اسے متبادل زبان میں بھی دستیاب کرایا جا سکتا ہے۔ براہ مہربانی 02082238934 پر رابطہ کریں۔

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