

Patient information

Hydrotherapy



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 Hospital, 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.

Please ensure that you eat and drink up to 1 hour before you attend the appointment, especially if you have diabetes. Exercise in the water can seem easy, but it is important to pace yourself as it can be tiring and it is important to ensure you stay well hydrated after the session.

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 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 within 8 weeks. However there may be times when we have issues with the pool and therefore we might have to reschedule your appointment. To optimise your recovery and the management of your condition, 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. There is the option of women's only classes.

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 been worn outside. We do provide towels, robes and flip flops but you can bring your own if you want.

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, but there are no separate changing areas for men and women. 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. All sessions are mixed level ability.

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.

What should I do if I need to cancel an appointment?

Please call or email us as soon as you can. We can have difficulties on the phone lines so please email if you cannot get through. You will be allowed **one** rescheduled appointment during your course of hydrotherapy; this is so it most effective for you.

If you do not attend an appointment and we do not hear from you within one week, you will be discharged from our service.

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: therapyoutpatients.newham@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

Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বকিং ফর্ম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

آسان میں پڑھنے کے لیے چیسا ہے، سکتی جاکی دست یاب میں فارمیٹس متبادل معلومات یہ
پرنٹ بڑا یا اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی
کلینکل ٹیم سے بات کریں۔

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Leave feedback on NHS Choices www.nhs.uk

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

www.bartshealth.nhs.uk/pals

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All our patient information leaflets are reviewed every three years.