



Weight Management Treatment with Hydrotherapy

Aintree University Hospital **NHS**
NHS Foundation Trust

Aintree LOSS
Weight Management Service
Lower Lane
Liverpool L9 7AL
Tel: 0151-525-5980

What does Hydrotherapy involve?

- Hydrotherapy is exercising in warm water.
- On your first visit your general health will be examined and your physiotherapist will talk to you about your treatment plan.
- Your course of Hydrotherapy will last up to 12 sessions. If you miss a session it will be deducted from the 12 weeks.

Extra sessions will be at the discretion of your physiotherapist.

- Each session will last about 30-45 minutes in the pool and up to 60 minutes overall.
- You will be given a structured programme of exercises to do in the water alongside other patients, under the supervision of a qualified physiotherapist.
- You may be treated by a student physiotherapist who is under the strict supervision of the senior physiotherapist.

When are the sessions available?

- Tuesdays
- Thursdays

Your care

- Please bring a towel and swimming costume to your treatment sessions.
- Please do not leave any valuables in the changing rooms.
- All clothing can be put in the boxes provided in the changing rooms and brought into the pool area for safe storage.
- If you are unable to carry the clothing box please ask the assistant for help.

Safety around the pool

- It is important to take care walking around the pool and changing areas, as floors may be wet.
- Please do not enter the pool until instructed to do so by your physiotherapist.
- Please do not wear outdoor shoes in the pool area. Overshoes are provided in the baskets outside the changing areas.

Please note: The changing rooms are for patient use only. **No relatives or visitors** are allowed to wait in this area and should wait in the main reception area.

If assistance is required to help you get changed, they will be called for when you are ready.

Health Matters

For your safety and that of others, please let us know before your treatment if you have had a recent:

- Infection
- raised temperature
- diarrhoea
- vomiting
- feeling generally unwell.

Please telephone and cancel your appointment if you are not 48hours clear of vomiting or diarrhoea.

Please be aware that your physiotherapist will use their clinical judgement as to whether or not you will be able to go in the pool if you have recently had any of the above.

Please also let us know if you feel faint, dizzy or unwell during or after your treatment.

How you may feel after Hydrotherapy

Tired

- Exercising in warm water may result in tiredness due to the water's relaxation properties.

If this occurs, rest and drink plenty of fluids and let us know about your tiredness when you next attend.

- Refreshments are available for you during treatment and when you have finished your session.

We strongly advise that you have a drink to prevent dehydration.

Achy

- You may feel stiff or sore later in the day or the day after treatment, particularly if you are not used to exercising. After a few sessions this should lessen.
- Please tell your physiotherapist if you are very sore or have an increase in pain.

What you should do before entering the pool

- Please go to the toilet to pass urine and then shower.
- Please do not apply any lotions or creams to your legs or feet prior to Hydrotherapy as this may be slippery on the steps or in the shower area.

What you should do after leaving the pool

Shower to rinse off any chlorine. Please do not use talcum powder in the changing areas as it can make the floor slippery.

What happens on discharge?

You may be advised on ways to continue your treatment and maintain any improvement gained.

A follow up appointment may be made with your referring physiotherapist.

Help us to be as efficient as possible

- Please notify your therapist as soon as possible if you are unwell and unable to attend your Hydrotherapy session.

- Please inform reception each time you arrive for treatment and ensure that you book in for your next appointment when leaving the department
- We endeavour to keep appointed times as much as possible: if you are late we may have to reduce your treatment time.
- If you miss two appointments without informing us or fail to contact our department you will automatically be discharged from Hydrotherapy.

Further information:

If you have any questions or concerns about our service the please contact us on Tel: 0151-529-3335.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk