

Patient information

Hydrotherapy Also known as Aquatic Therapy

Therapies Department

What is Hydrotherapy?

Hydrotherapy involves completing specific exercises in a warm water swimming pool, to help progress your rehabilitation, as guided by your Physiotherapist.

What does Hydrotherapy involve?

On your first visit to the pool, the Physiotherapist will discuss your assessment and treatment to date and make a treatment plan personalised for you, with time spent in the pool to begin your water-based exercise.

The need for follow-up appointments will be discussed and agreed at the end of each hydrotherapy appointment.

During your hydrotherapy sessions you will be provided with a structured programme of exercises to do in the water, tailored to your needs.

Please be aware that your exercises may be taught one-to-one or alongside other patients.

How will I feel after hydrotherapy?

Tired

Exercising in warm water may result in tiredness due to the warm water's relaxation effects. Please rest and drink plenty of fluids after your session. Water is available. Alternatively, please feel free to bring your own refreshments.

Achy

You may experience a slight flare up of your symptoms after your session which normally settles after a few days. This is entirely normal.

What to bring with you?

Please bring a towel, appropriate swimming costume and toiletries to each appointment. Please avoid wearing any jewellery or be aware that they are to be worn at your own risk.

If you require any regular medications such as inhalers or GTN spray, please bring these with you to your appointment to have at the poolside. If you are diabetic, please bring an energy drink or snack with you.

All clothing should 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 clothes box, please ask for assistance from the hydrotherapy staff. Please do not leave any valuables in the changing rooms.

Safety in and around the hydrotherapy pool

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

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. If you require assistance from a relative/carer to help you to change into swimwear, the staff will inform them when they are needed.

Please tell the Physiotherapist if you have had any changes to any medical condition since you last attended therapy. Please do not attend your appointment if you experience any of the following symptoms in the 48 hours prior to your hydrotherapy session:

- Infection
- Raised temperature
- Diarrhoea
- Vomiting
- Feeling generally unwell.

If you feel faint, dizzy, or otherwise unwell during or directly after your treatment session, please inform a member of the hydrotherapy team.

If you wear pain patches, please make sure that your patches have been changed at least 48 hours prior to your hydrotherapy appointment.

Entering and leaving the pool

Please have a shower prior to entering the pool. Please do not apply lotions to your legs or feet prior to entering as this can make the steps or shower area slippery.

After leaving the pool, please shower to rinse off the chlorine. Please do not use any talcum powder, lotions, creams in changing rooms as it can make the floors slippery.

Please help us to be as efficient as possible

Notify your physiotherapist as soon as possible if you are unwell or unable to attend your hydrotherapy appointment. To help you get the best outcome from treatment please try and attend all the appointments you are given.

We aim to keep to appointment times as much as possible. If you arrive late, we may have to shorten your treatment time or may need to rebook you an alternative appointment.

If you miss your appointment and do not inform us or the reception staff, you may be discharged from our services.

Please inform the reception staff when you arrive for your appointment.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Aintree Hydrotherapy Pool:
Monday to Wednesday 07:00-16:00
Telephone: 0151 529 3338
Text phone number: 18001 0151 529 3338

If there is no answer, please leave a message and a member of the team will get back to you.

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوه‌ندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سهند کراون، نه‌گسر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هیلی موون و ئه‌لیکترۆنیکی هه‌یه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.