

Patient information

Hydrotherapy

Specialist Weight Management Services - Therapies Aintree Hospital



Hydrotherapy is exercise in warm water

Benefits of Hydrotherapy?

- Improve physical fitness.
- Improve strength, balance and coordination.
- Reduce pain.
- Improve mobility.
- Improve functional ability.
- Improve self confidence.

What to Expect?

You will be allocated a time by the physiotherapist to attend hydrotherapy for eight consecutive weeks.



As your confidence and physical ability in the pool increases the therapists will gradually progress your exercises using floatation devices. Most exercises are done in standing, the deepest part of the pool is approximately six foot, and this is only used for those that are confident to do so.

During your eight-week programme, the therapists will discuss community based options for you to continue water based activity.

If you enjoyed the sessions, we encourage you to continue water-based activity to help better manage your health and weight long term.

Pool Access and Facilities

The pool is accessible via two sets of shallow steps both with hand rails at either side. There is also a hoist available for those that are unable to walk up the steps.

The therapists will support you to ensure that you safely enter the pool, whichever method is most appropriate for you.

There are two private changing cubicles in the pool vicinity; one which has a separate toilet and shower, and one which has a toilet and seated shower contained within the cubicle. Should you require this cubicle, the therapists will prioritise this for you.

You are welcome to bring someone to the session to assist you with changing. They may be asked to wait outside the pool whilst the session is running but will be informed by therapists when you are ready to change.

You will keep your belongings in your cubicle. The pool is private and so you will be accompanied by two therapist and one other service user only.

Disclaimer

If there are any issues with the pool or the pool needs servicing during your eight week programme then your session may need to be rescheduled. This is for your own safety. For this reason, please ensure that you are contactable on the number you provided to the Specialist Weight Management Service each morning you are due to attend hydrotherapy

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

Office Opening Hours:

Leigh Health Centre
Mon to Fri 08:00—16:30
Tel: 01942 483 370
swms.enquiries@aintree.nhs.uk

Platt Bridge Hydrotherapy Pool
Thurs 08:00—12:00
Tel: 01942 482 310

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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.

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