

North East Aquatic Physiotherapy Important Information

Aquatic physiotherapy is a specific therapy carried out in a 'Hydrotherapy Pool' to combine physiotherapist treatment skills with immersion in water. It differs from exercise on land by utilising the properties of water to help achieve your specific goals. It can include individual exercise programs, facilitation of movement, stretching, and strengthening, walking, balance and postural re-education. When requested, it can also include water safety and modified swimming activities for cardiovascular fitness. A physiotherapist will be in the pool throughout the session to provide assistance and instruction.

The benefits of water are derived from its buoyancy, the warm environment maintained throughout treatment, and the hydrostatic pressure. As a result, relaxation occurs with associated reduction in muscle spasm and tone, possible reduction in pain and swelling, and reduced weight being borne through the lower limbs.

Prior to attending aquatic physiotherapy you will see a physiotherapist at North East Physiotherapy for an assessment to determine your suitability for this type of treatment. Referral to the Aquatic physiotherapy programme will be dependent on your condition and medical history.

About your session

- Please bring to your session:
 - Your own bathers, towel and thongs.
 - Walking aids.
 - Ear plugs or goggles if required / requested.
 - A drink (exercise in this environment can be dehydrating).
 - Any emergency medication/snacks as required (inhalers etc.).

- Please notify your therapist if:
 - You are unwell and unable to attend your session.
 - You have been unwell in the last 48 hours.
 - You have a skin rash, irritation, cut or graze, prior to entering the pool.

- You are unable to enter the pool if:
 - You have been consuming alcohol prior to treatment.
 - If you have gastro or diarrhoea please notify your physiotherapist and do not use the pool until at least one week after the symptoms cease.
 - If your blood pressure is not controlled
 - If you have a raised temperature.
 - If you have cold or flu.
 - If you have an open infected wound.

<u>Before entering the pool please:</u>	<u>Following your session please:</u>
Notify therapist of any changes of medication, health.	Have a drink and take time – it is not advisable for you to drive yourself home due to the relaxation effects of the pool, you may feel very tired.
Drink water throughout the morning leading up to your session.	Notify therapist if you have an adverse reaction to session.
Use the toilet	Shower on a warm setting (not too hot).
Shower	

