

PATIENT INFORMATION

Hydrotherapy

Your physiotherapist is considering referring you into hydrotherapy as an adjunct to your current treatment. These may be some reasons why this referral has been made:

- Difficulty managing pain with land-based exercise
- Weight bearing restriction due to injury/pain
- For part of the management of an ongoing condition/pain

Your first session will be with a physiotherapist, to develop your hydrotherapy program. Follow-up sessions are usually with our physiotherapy assistants. These last approximately 30 minutes, but with changing time, we suggest allowing an hour for the appointment.

We try to arrange one session per week, but please note this may be subject to change. The number of sessions you have will be decided by your physiotherapist. This is a clinical decision which varies between patients.

Once you finish your hydrotherapy course, we encourage you to continue with your rehab/exercise plan by either:

- Finding a membership in a local pool (we can provide information)
- Arranging a follow-up appointment with your physiotherapist to progress your rehab
- Discussion around other local services if appropriate

Waiting list:

Please note, this service has a variable waiting list. You will be triaged and contacted via telephone call or letter for your first appointment.

What to bring:

- Towel and clothing for the session (swim wear if able). If you are more comfortable in leggings/t-shirt we don't mind.
- Water, as our department is a warm environment
- Any medication/inhalers you may require
- An idea of your availability for the following week, so we can book your follow-up session easily.

Where to find us:

We are located on level one in the main hospital (Navy zone), next to fracture clinic. If you enter via main reception, you can go to the bottom floor (level 1). You can also enter via fracture clinic entrance.



Level 1, Torbay Hospital, Lowes Bridge, Torquay, TQ2 7AA

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.