

Nightingale House Hospice

Hydrotherapy at Nightingale House

WHAT IS HYDROTHERAPY?

Hydrotherapy involves the therapeutic use of a warm water pool. Carefully structured exercises are used in the hydrotherapy pool to help with many different problems. This is carried out individually or as a group. The pool is used to help muscular, joint and mobility problems and to aid relaxation. The temperature of the water is 35c. The warmth stimulates blood flow and relaxes muscles; whilst the buoyancy of the water reduces physical stresses placed in the body and can help the body to move. The buoyancy can also be used to make movement harder and strengthen muscles.

INFORMATION ABOUT HYDROTHERAPY AT NIGHTINGALE HOUSE

Prior to attending you will be assessed by a Physiotherapist, who will ask questions pertinent to you going in the hydrotherapy pool. Please feel free to ask any questions regarding your treatment. We will discuss with you the aims of your treatment and a plan of action. After the initial treatment the Technical Instructor and the Physiotherapy Assistant may carry out your hydrotherapy programme. We also have a number of volunteers; they are supervised by the Physiotherapist. We will introduce everyone to you when you attend. Please ask if you need any clarification of anyone's role. The initial treatment in the pool lasts about 10 minutes; subsequent treatments may last up to 30 minutes. Please allow about an hour for your hydrotherapy session. After the pool session it is advisable to have a cold drink and a well deserved rest.

WHAT TO EXPECT – HOW WILL I FEEL?

Some people feel apprehensive about going in the pool. It is a small pool with an even depth of approximately 4 feet. A member of staff will be in the water with you. Each person entering the pool will have a shower prior to entering, and one afterwards to remove any chlorine. The staff will help you if required. There is a hoist into the pool if you cannot

manage the steps. There are also jets in the pool, which can help with pain relief and relaxation. Our staff are there to make you feel at ease and ensure that the hydrotherapy experience is enjoyable and eagerly anticipated.

IMPORTANT NOTE:

It is important to tell your hydrotherapist if you are unwell, or if your medical treatment has changed since your last visit. Please let us know if you have had:

- Any infection
- A raised temperature
- Skin rash
- Open wound
- Vomiting or diarrhoea
- Recent radiotherapy (within the last 2 months)
- Increase in pain
- Faints, fits, falls, dizziness or felt unwell
- Breathing problems

LOW BLOOD LEVELS

Please let us know if you have had recent chemotherapy and / or:

- You are anaemic
- Your platelet count is low
- You are neutropeanic

WHAT TO BRING: your swimwear, towel and toiletries.

IF YOU ARE UNABLE TO ATTEND FOR ANY REASON PLEASE NOTIFY THE PHYSIOTHERAPY DEPARTMENT ON 01978 316800