

Contact Details

For further information and advice please visit our Website:-

www.poole.nhs.uk/physio and find '[childrens physiotherapy](#)'

Date	Time

Information for parents and children about....

Hydrotherapy



Children's Physiotherapy Department
Poole NHS Foundation Trust
0300 019 2741

What is hydrotherapy?

Hydrotherapy is treatment for your child in a heated pool (34-36°C). We can use the water's unique properties to help work towards your child's physiotherapy goals.

Hydrotherapy will take place at Poole Hospital on a Friday morning. Each session will last approximately 20 minutes, please arrive 5 minutes before your appointment time. The session will be led by a qualified physiotherapist and a therapy assistant.

What will your child gain?

Water is fun! The therapeutic effects of exercise in water are:

- To help relieve pain and muscle spasm
- To maintain or increase joint range of movement
- To increase strength of muscles
- To allow children to increase their weight-bearing
- To improve blood flow
- To improve balance, co-ordination and posture
- To improve sensory stimulation

The aims of hydrotherapy

Your land based physiotherapist will have identified goals to work towards in these hydrotherapy sessions. Hydrotherapy does not replace your child's home programme but rather runs alongside it.

The activities that are chosen will encourage normal movement patterns through exercise and play. These will be shown to you so that you may continue at a local pool once sessions with us have finished.

There is no set number of sessions in our hydrotherapy pool, this is dependent on your child's progress.

Requirements

Appropriate swimwear should be worn. If your child is 4 years or younger, or is not potty trained, they must wear a swimming nappy (these are not provided).

With children of this age, it may be beneficial for parents/carers to also enter the pool, especially for the initial session if the child is nervous. This can be discussed with your therapist beforehand. (A simple health check will be needed before entering the pool).

Parents/carers of older children may sit at the pool side to watch the hydrotherapy session, or go and grab a coffee!!!

Please bring a swimming costume, towel and a drink for your child to have after the session.

If your child has any open or weeping wounds/cuts please let us know before entering the pool, as these will need to be protected beforehand. If your child has any verrucae please ensure that you have purchased and that they are wearing the appropriate socks before entering the pool.

If you are unable to make an appointment, please inform the department as soon as possible on 0300 019 8251.

Due to the constant demand for hydrotherapy appointments, failure to attend two appointments without notification may result in the session being offered to another child.