

What is it?

Aquatic physiotherapy is a variation of physiotherapy performed in water. It utilises the properties of water, for example buoyancy and resistance, to facilitate movement, strengthen muscles and achieve rehabilitation goals.

What are the benefits of aquatic therapy?

Psychological:

- Stress reduction
- Improved sleep
- Improved confidence
- Feelings of connection



Physical:

- Increased muscle strength and endurance
- Decreased spasticity
- Increased balance and co-ordination
- Pain relief
- Increased flexibility
- Decreased fatigue
- Increased sensory awareness
- Increased neuroplasticity

Neurological and

functional improvement:

- Improved gait and mobility
- Enhanced circulation



What do I need to do?

In advance of the appointment

- See a physiotherapist.
- Return the aquatic risk assessment form.
- Report any changes in health before entering the pool.



Types of appointment

- **Initial appointment:** the physiotherapist will develop an exercise programme and set rehabilitation goals.
- **Follow ups:** continue the exercise programme with a member of staff.
- **Review:** the physiotherapist will review and amend the exercise programme, setting new goals if required.



What should I expect at my appointment?

On the day of the appointment

- Arrive 15 minutes before your session begins - you'll be waiting poolside so bring a dressing gown or similar to keep warm.
- Bring your own towels.
- Change at home into your swimwear to prevent loss of session time.
- We are unable to assist with any changing.
- Access to the pool is via steps or hoist, at the discretion of the therapist in the pool.
- Do not enter the pool area or pool without permission of the staff.
- Shower before entering the pool.
- The pool water is between 32 to 35.5 degrees Celsius.
- Report changes in health/falls to the lead therapist of that day before entering the pool.

Are there any potential side effects of aquatic therapy?

- **General tiredness:** due to the warmth in the pool and the surrounding areas.
- **Dehydration:** due to the warmth in the pool and the surrounding areas.
- **Increased aching/pain after session.** Please report any discomfort felt after the session to the staff.

