



Physiotherapy Service
Outpatients East Level 2
Norfolk & Norwich University Hospital
Colney Lane Norwich NR4 7UY
Direct Dial: 01603 286993

INFORMATION REGARDING YOUR AQUATIC PHYSIOTHERAPY SESSIONS

Health and Safety

Welcome to the Norfolk and Norwich University Hospital Aquatic Physiotherapy pool to which you have been referred by your physiotherapist. You will have been asked a number of general health questions, and your fitness to attend has been assessed. If your health changes before you receive your aquatic physiotherapy appointments, please inform the physiotherapy staff on **01603 286993**. You will also have been asked your weight, unfortunately due to health and safety standards of the pool, we are unable to accept anyone over **22 stone**. You may be asked to have your weight checked **before** entering the pool, and if your weight exceeds 22 stone you may be refused entry into the pool. Please inform us immediately if you do weigh over 22 stone.

Benefits of Hydrotherapy

You have been recommended for aquatic physiotherapy because it provides an ideal environment for you to perform exercises in a way that is easier and more comfortable than on 'dry land'. The uniqueness of water lies mainly in its buoyancy which relieves stress on weight-bearing joints and permits movement to take place with reduced gravitational forces. The temperature of the pool is very warm, to provide relaxation, pain relief and improved circulation to muscles and other soft tissues.

Does it matter if I can't Swim

It does not matter if you cannot swim, the pool is one depth, approximately chest height, and there is always a qualified physiotherapist in the pool plus at least one assistant on dry land, to provide help when needed.

The Exercises

The exercises are carefully chosen by your hydrotherapist, specific to the aims of your rehabilitation. We understand that you may not be confident in water and in such cases, exercises are always progressed gently. However, you can be reassured that most patients find that they thoroughly enjoy the therapeutic effects of exercising in water!

What to bring

Please bring your own towel, swimwear, swimming hat if required and a drink for afterwards.

Your appointments

Details of the first sessions of your aquatic physiotherapy appointments are listed below in this leaflet. The times stated are your times in the pool, please arrive no more than 10 minutes before your appointment time. 45 minutes should be allowed in total for each appointment. You will be in the pool for 30 minutes. The sessions are usually run with a mixture of men and women in each session, please inform the department if this is a problem as soon as possible before your appointments start.

What if I can't make my appointments

Hydrotherapy is a very useful treatment modality, and many people find it very beneficial. As a result, patients including yourself, often must wait several weeks for a course of treatment to become available. We therefore ask you to help reduce the waiting times by reading the section below.

If possible, please give at least 24 hours notice if you are unable to attend.

Due to high demand and limited availability, unfortunately we are unable to rearrange any cancelled appointments. Your block of 4 sessions is all we can offer you.

If you frequently cancel your appointments or do not attend and we do not hear from you, you will be discharged from hydrotherapy and referred back to your physiotherapist.

If you are unable to attend, please contact 01603 286993, a voice mail service will be available if there is no one to take your call.

It is therefore very important that you make every effort to attend all the sessions scheduled for you in order to gain maximum benefit, and we thank you for your co-operation.

Please also note if you are currently on antibiotics at the time of your appointment or have had symptoms of sickness or diarrhea in the last 14 days, we will unfortunately be unable to go ahead with your session so please call us to discuss.

Your Hydrotherapy Appointments are:

Date	Time

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Directions to the Hydrotherapy pool

Follow signs for physiotherapy level 2, outpatients east

Straight ahead, at the end of the corridor will be the hydrotherapy pool.

Please check in with reception and we will call you in from there.



