



Physiotherapy Service
Out Patients 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 staff in the pool **before** attending your appointments. 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 25 stone. You may be asked to have your weight checked **before** entering the pool, and if your weight exceeds 25 stone you may be refused entry into the pool. Please inform us immediately if you do weigh over 25 stone. Please also inform us if you have had sickness or diarrhoea within the last two weeks.

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**

We will provide you with towels, however please bring your own swimwear.

**Your
appointme
nts**

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 a few minutes earlier to allow time to get changed. An hour 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.

Further appointments may be given to you at each attendance, please bring this leaflet with you so further appointments can be written on this leaflet. The number of sessions given will be discussed by the physiotherapist in the water and will be dependent on your need. On average patients receive between 4 and 6 sessions.

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 have to wait a number of 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. If you cancel more than twice during your course of hydrotherapy your remaining appointments may be cancelled and you will be discharged from hydrotherapy. 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.

In order to maintain efficient use of the pool, patient appointments are booked approximately 4—6 weeks in advance, so if you have to cancel appointments we are not always able to offer you additional appointments.

As you can appreciate, missed appointments cannot be reallocated at short notice so **If you do not attend and we do not hear from you, we will discharge you from hydrotherapy and any remaining appointments will be cancelled.**

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

Your Hydrotherapy Appointments are

Date	Time

If you frequently cancel your appointments or do not attend and we do not hear from you, we will discharge you from hydrotherapy

