



nicole lavin

Neurological Rehabilitation

Your Guide To Hydrotherapy



What is hydrotherapy?

Hydrotherapy is a form of exercise that normally takes place in a heated pool. It is a popular treatment that uses the unique properties of water to assist in the rehabilitation and recovery of a wide range of neurological and musculoskeletal conditions



Who can benefit from hydrotherapy?

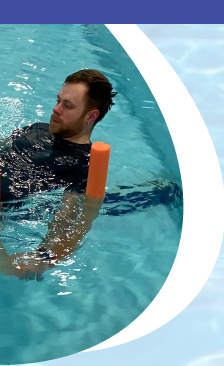
The goals of hydrotherapy are to reduce pain, relax and strengthen muscles, and improve mood and function. Physiotherapy treatment in hydrotherapy pools can be a key part of a specialist treatment package for the following conditions:

- Stroke
- Parkinson's Disease
- Acquired Brain Injury/head injury (adults and children)
- Spinal Cord Injury
- Cerebral Palsy
- Multiple Sclerosis
- Arthritis
- And many other conditions

Can I attend sessions if I can't swim?

You don't have to be able to swim to benefit from hydrotherapy. The maximum depth of the pool is 1.25 metres (about chest height), so you can exercise well within your depth. There will always be a physiotherapist in the water with you and a lifeguard attending the session. Even if you're nervous about being in the water, it's still worth trying hydrotherapy – most people find warm water soothing and pleasant





How long do sessions last?

Each hydrotherapy session lasts 30 minutes

Where do sessions take place?

We are pleased to offer hydrotherapy sessions at Holt Park Active and Armley Leisure Centre which have dedicated hydrotherapy pools and are a short drive away from the practice

When do sessions take place?

Sessions run from 13:00 - 15:00 every Wednesday afternoon

How do I book a session?

Please find our contact details overleaf. Our staff will be happy to book you in for an initial dry land assessment

What do I need to bring?

Please bring a towel and swimming costume. You may wear close fitting lycra tops/bottoms if necessary, but please check suitability with your physiotherapist before your appointment. You should also bring any medication that you would normally need when exercising

How often can I attend?

You can attend as often as you feel is beneficial. If you stop due to serious illness and want to return, we may ask for a doctor's letter to let us know you are fit to attend. Please note: It is your responsibility to notify us of any changes in medication or to your general health



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