



Information for
patients and
carers

Hydrotherapy Pool

I have been referred for hydrotherapy, what is it?

Hydrotherapy is a water-based exercise treatment that takes place in our indoor pool. The water is comfortably warmer than a typical swimming pool, usually about 34-36°C.

How can hydrotherapy help me?

Hydrotherapy can help you in several different ways:

- The warmth of the water allows your muscles to relax and ease aches and pains. This allows your joints to move more freely
- The water supports your weight, which helps to relieve pain and increase the range of movement of your joints. This can be enhanced by using buoyancy aids like armbands or floats
- The water can be used to provide resistance to moving your joints. By pushing your arms and legs against the water, you can also improve your muscle strength. The exercises are focused on slow, controlled movements and relaxation
- The natural movement of water can help improve your balance

What does it involve?

Your Physiotherapist will assess you prior to hydrotherapy, just to make sure that it is the best treatment for you and that you are safe to go into the water.

On your visits, our poolside assistant will help and support you if required.

You will be asked to take a shower before entering the pool. Access into the pool is via a set of steps (with rails either side), but hoists are also available to help assist you should you require them. If you are worried about being in the water, let the Physiotherapist know. The pool is not very deep, and you will always have your head out of the water.

When you are in the pool, a therapist will design an individualised exercise program and show you how to do the exercises. There are usually no more than 3 or 4 patients in the pool with you at the same time.

What shall I bring with me?

Patients need to bring suitable swimwear and a towel. We provide basic shower gel, but you may want to bring your own, along with any moisturising cream if you wish to use it. Please avoid bringing talcum powder.

You may wish to bring some suitable poolside footwear, for example, flip flops but these are not essential. Please avoid bringing valuables as lockers are not always provided.

How long will it take?

You will need to allow about one hour to include showering, refreshments, and a rest after treatment.

Can I bring someone with me?

You are welcome to bring a friend, relative or carer with you, especially if you need help with dressing or undressing. Unfortunately, for safety and dignity reasons, they will be required to wait in the hydrotherapy reception area during your treatment.

Where to go

The hydrotherapy pool is located within the physiotherapy department at Chorley Hospital. We are located on level 2 and are situated on the right-hand side as you enter through the Euxton Road entrance of the hospital. The physiotherapy department is well signposted from all entrances.

Our address is:

Chorley and South Ribble General Hospital.

Preston Road

Chorley

Lancashire.

PR7 1PP

Please check in at the Integrated Therapies reception desk on your arrival.

Is there anything else to consider?

There are a few situations where you should not attend your hydrotherapy appointment, and these include:

- 48 hours following tummy upsets including vomiting and diarrhoea
- New skin wounds or infections
- Chest infections or viruses

Contact details

If you are unable or do not feel you are well enough to attend, please call the therapy department on **01257 245757** between 8.00am and 4pm Monday to Friday.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.csp.org.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

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