

## Children's Therapy Services

# Hydrotherapy



The term hydrotherapy is derived from two Greek words. Hydro meaning water and therapeia meaning healing. The therapeutic use of water today involves carrying out specific exercises in a heated hydrotherapy pool. Hydrotherapy may not be the only form of treatment offered, however the aims of hydrotherapy should always reflect the aims of any land based therapies, to ensure that treatment programmes are complimentary.



### The following is a list of the possible benefits of hydrotherapy:

- Relief of pain
- Ease of movement
- Reduction in muscle spasm
- Reduction in oedema/swelling
- Enhanced relaxation
- Enhanced well being
- Re-education of functional activities

The majority of benefits are associated with the warmth of the water, the reduced effect of gravity and the support and buoyancy of the water. Other additional properties are the viscosity and weight of the water, turbulence of the water and the social interaction and sense of well-being.

### Reasons why hydrotherapy may not be appropriate for your child:

- Acute fear of water
- Shortness of breath at rest
- Kidney failure/surgery
- Heart failure
- Bowel or bladder disorders
- Vertigo, blackouts, nausea
- Uncontrolled epilepsy
- Open wounds/skin infection
- Diabetes
- Problems with blood pressure
- Recent stroke/pulmonary embolus
- Pyrexia (increased temperature) 24 hours prior to hydrotherapy
- Tracheostomy

Therefore your therapist will carry out a full assessment prior to your child entering the pool.

The hydrotherapy pool is carefully checked before each session and the treatment sessions are kept to 20 minutes.

## Effects of warm water on the body

- Increases the work of the heart
- Increases urine production
- Increases the work of breathing
- Increases the body temperature

## It is extremely important that your child has a drink and a rest when leaving the pool.

There are changing facilities available with a changing bed and hoist.

You child will need their own swimwear, towel and a drink.

Please arrive 10 minutes prior to your appointment to allow time for changing.

The session will usually last approximately 20 minutes.

Please note the dates and times of your child's hydrotherapy session below.

Date	Time
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

If you are unable to attend a session please contact the Children's Therapy Department as soon as possible, as another child may be able to attend.

This is only for children resident in Calderdale or Huddersfield.

NHS at Broad Street Plaza  
Northgate  
Halifax HX1 1UB  
Telephone No: 01422 261340

Children's Therapy Services  
Princess Royal Health Centre, Greenhead Road  
Huddersfield HD1 4EW  
Telephone No: 01484 344299

## If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza  
Telephone No: 01422 261340

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਭੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"