

Hydrotherapy

Hydrotherapy is a general term used to describe any water based therapy. In physiotherapy terms, *hydrotherapy* or *aquatic physiotherapy* refers to 'a physiotherapy treatment carried out in water where the properties of water are utilised to achieve specific therapeutic goals'.* The use of the properties of water, such as its buoyancy, hydrostatic pressure and temperature make it ideal for rehabilitation following surgery or injury.

How can hydrotherapy help?

Hydrotherapy may be useful for a variety of situations such as:

- Post surgery e.g. hip or knee replacement
- Orthopaedic conditions
- Low back pain
- Arthritis
- Chronic pain conditions
- Obesity
- General de-conditioning where land based exercise is not practical

How does it work?

At your first appointment, the treating physiotherapist will conduct an initial assessment of your condition. This assessment will be conducted in the rooms and involves a review of your symptoms and medical history to correctly plan your hydrotherapy program. Once this is completed, a personalised water based session will be scheduled to begin to teach you appropriate exercises. Follow up sessions will be organised as appropriate.



*(Guidelines for Physiotherapists Working in and/or Managing Hydrotherapy Pools: 2002)

