
Back pain management programme

Hydrotherapy

Hydrotherapy is exercising in water. People with back pain often find that the heat and support offered by the water is extremely beneficial, enabling them to achieve greater flexibility and movement control.

We have a small pool, which is four foot deep. This is maintained at 34 to 37 degrees. It is not necessary to be able to swim since exercise is carried out under careful supervision.

Initially sessions last for 10 minutes; this is increased to 25 minutes as you acclimatise to the temperature.

Contraindications:

1. Skin infections, for example, athletes foot and open wounds.
2. Epilepsy.
3. Problems with blood pressure.
4. Serious problems with breathing.
5. Any major recent surgery or medical problem.

Please inform the physiotherapist if you have any of these conditions or are frightened by water.

Procedure

Hydrotherapy will take place Monday to Thursday at 1430 hours, after the afternoon gym session. Please bring your own towel and swimming costume. We do have spare towels and costumes in case you forget your own.

Before entering the pool

- Please do not enter the pool area unless a member of staff is present.
- Change into your costume.
- Wait to be called through to the pool area.
- Have a shower to remove body lotions etc.
- Enter the pool by sitting on the edge and swinging legs over.

After leaving the pool:

- Shower.
- Return to the changing area and dress.
- A drink will be provided. (Please let the physiotherapist know if you are diabetic).

Although exercising in the pool seems relatively easy and pleasant, initially you may find it tiring and as a result require a short rest after the session

Please ask the physiotherapist on the programme if you have any queries.