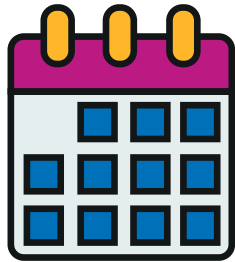


If you cannot attend your appointment

If you are unable to attend please contact us on **07881 838610**. If you miss appointments without letting us know you may be discharged.

Letting us know if you are going to miss an appointment as soon as possible makes the best use of NHS resources and gives us the opportunity to offer your appointment to another person, so we appreciate your co-operation.



Watch our film!

We have made a short film that explains more about hydrotherapy and shows you the pool at Hoyland whilst sessions take place.

Watch it at www.barnsleytherapy.co.uk or scan this code with a Smart Phone.

Contact us

Community musculoskeletal services
Hoyland Leisure Centre, West Street,
Hoyland, Barnsley, S74 9EH

Telephone: **07881 838610**
www.barnsleytherapy.co.uk



Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about our service. Please speak to a member of staff or contact our Customer Services team on 0800 587 2108. If you would like help understanding this information, please also contact us on this number.

Job No. 0732 Aug 18



South West
Yorkshire Partnership
NHS Foundation Trust



Hydrotherapy

Information for patients

**Community
musculoskeletal services**
07881 838610

With **all of us** in mind.

What is hydrotherapy?

Hydrotherapy consists of active exercises carried out in water. Our sessions take place at Hoyland Leisure Centre; it is a normal swimming pool but the temperature of the water is slightly higher than most swimming pools.

Hydrotherapy exercises are tailored to the needs of each individual to give you the best opportunity to improve your condition.

Hydrotherapy sessions are for both men and women of any age. There's a great atmosphere at our sessions; it's very friendly and relaxed.

How does hydrotherapy work?

You'll find you can do much more with the support of the water! The resistance (weight) of the water pushes against your body as you do exercises. This can help improve your circulation (blood flow), relieve pain and relax and strengthen your muscles.

The exercises you are given should not significantly increase your pain during treatment or immediately afterwards. If you do have a significant increase in your symptoms then please tell us immediately.



What are the benefits?

The possible benefits of hydrotherapy include:

- ▶ A reduction of pain
- ▶ An increase in your range of movement / flexibility
- ▶ An increase in your muscle strength
- ▶ A reduction in any muscle spasm
- ▶ An improvement in your balance
- ▶ An improvement in your day-to-day activities

What if I can't swim?

You do not have to be able to swim to attend hydrotherapy. If you are nervous in water or feel uncomfortable at any time please tell us.

How to register

Hydrotherapy is offered following an assessment with a musculoskeletal clinician who will then arrange your treatment.



Attending your session

Sessions take place at Hoyland Leisure Centre, West Street, Hoyland, Barnsley, S74 9EH.

What to wear

There is no special clothing needed for hydrotherapy, please wear whatever swimwear you are comfortable in and allows you a full range of movement.

When you arrive

Go to reception and let them know you have come to attend hydrotherapy sessions. From reception, go directly to the changing areas. We advise that you allow yourself plenty of time to get changed.

Changing facilities

As well as male and female changing areas there is also a family changing area. If you need a partner or carer to help you to get changed then you should use the family changing area. It has raised benches to sit on, if you find it difficult bending over. If you have had a hip/knee replacement you may also find the family area more comfortable.

People who attend with you

During treatment sessions other people should wait in the reception area. We are also not able to look after young children at the side of the pool so please arrange childcare.

Registration

Once you are changed please make your way through to the pool area to register with our staff. If you have difficulty walking then please wait in the changing area and a member of staff will help you to the pool. Please do not enter the pool until you are invited to do so.

Pool accessibility

There are graduated steps into the pool with two hand rails. For anyone unable to use steps there is also a hoist. There is full wheelchair access at the centre and around the pool.