

What to bring?

- A towel
- Bathing suit
- Goggles (if used)

Facilities to shower are available before and after the sessions.

Parents, guardians or classroom assistants need to accompany the children to the hydrotherapy session in order to help with dressing and undressing, reassure the child if needed and to assist the child to carry out the programme if necessary.



Where are we?

Children's Centre
Neath Port Talbot Hospital
Baglan Way
Port Talbot
Tel: 01639 862713
9:00 am – 5:00 pm (Monday – Friday)

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A guide to Hydrotherapy

Information for Parents/Guardian

What is Hydrotherapy?

Hydrotherapy uses the physical properties of water such as, heat and buoyancy, to help relax muscles, reduce swollen joints, increase mobility and reduce pain.

Hydrotherapy may take place as a group session or an individual session. In each instance there will always be a qualified poolside assistant supervising the session.

The session will be planned and led by physiotherapists and physiotherapy assistants.

Due to the temperature of the pool treatment sessions are restricted to a set time to reduce the risk of fatigue and dehydration.

Who is suitable for Hydrotherapy?

Any child after their second Polio vaccination providing there are no contraindications.(is this paragraph needed?)

Children with a wide range of abilities can enjoy hydrotherapy. Hydrotherapy programmes are patient-specific, so following a thorough assessment the most suitable activities are selected.

Before commencing a block of hydrotherapy it is necessary to have parental and medical permission.

What are the benefits of Hydrotherapy?

- Aids relaxation and thus lowers muscle tone to allow normal patterns of movement.
- Strengthens weak muscle groups, increases exercise tolerance and improves respiratory function.
- Aids the maintenance of joint range of movement and soft tissue length.
- Challenges and improves balance and co-ordination.
- Achieves heightened confidence levels and appreciation of water safety.
- Develops attention, listening, speech and language skills – important for social integration.
- Assists the child who has difficulty moving independently on dry land
- Helps children challenge their physical abilities further.
- Suggests that it is 'play' rather than 'work' – so children are far more motivated and compliant with treatment.