

Antenatal hydrotherapy

This leaflet is for women who have been advised by the Maternity physiotherapists that using the hydrotherapy pool will benefit them during their pregnancy. Use of the pool is restricted and accessed by appointment only.

Exercising in heated water has many benefits during pregnancy. These benefits include ease of movement due to reduced load on painful joints, muscle relaxation enabling you to stretch and move more than you may be able to on land, improvement of your balance and core strength, and reduced swelling in your arms and legs.

Hydrotherapy involves specific exercises based in warm water (33 – 35 degrees Celsius). A hydrotherapy checklist must have been completed with your physiotherapist, and medical clearance must have been sought from your GP or midwife, where appropriate, prior to commencing hydrotherapy.

Please read the following information carefully before your first hydrotherapy session.

Where is the hydrotherapy pool?

The pool is based in Inpatient Therapies which is on level one of Battle Block, opposite Whitley Ward. External access is via West Drive off Redlands Road.

What you need to bring

- Towel
- Swimming costume
- Shower gel
- Water bottle

Important tips:

- If you fail to attend two hydrotherapy sessions and do not make contact with the Physiotherapy Department to let them know, you will be discharged from antenatal hydrotherapy treatment.
- Ensure you have eaten something in the morning prior to your session. Go to the toilet before entering the water. There are toilets situated in the hydrotherapy area.
- Drink plenty of water before, during and after the session. Bring a water bottle to the poolside with you.

- Ensure you tell your therapist if there has been any change at all to your condition before getting into the water.
- If you are unwell (head cold, diarrhoea, vomiting, problems with blood pressure, heart problems, diabetes, rash etc) please call and cancel your session until you are better.
- Stop exercising if you feel unwell and always let your therapist know.
- Don't over stretch! Work within your *comfortable* limits.
- Take extra care entering and exiting the pool. Remember pregnancy affects your balance and the pool steps can be slippery!
- When leaving the pool, go slowly. Avoid standing still for long periods and don't have a hot shower. These things may cause you to feel faint.
- If you do feel faint, let your therapist know. Sit down and wait a few minutes to allow your blood pressure to settle.

Contact us

Tel: 0118 322 7811

Please call the above number after 8.30am before you leave home to confirm if the pool is running.

This document can be made available in other languages and formats upon request.

Written: Antenatal Physiotherapy Dept, November 2006

Reviewed: September 2011, (Abarnadevi Manoharan), September 2014, October 2016, August 2018 (M Wheeler)

Approved by Maternity Information Group & Patient Information Manager, September 2018

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