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Hydrotherapy (outpatients)

Information for patients,
relatives and carers

This leaflet outlines how the hydrotherapy service is run. If you have any questions, please ask your hydrotherapy physiotherapist.

What is hydrotherapy?

This is a form of physiotherapy involving an individually tailored programme of exercises in a heated pool. It can help pain, disability or with recovery from illness or injury.

How does outpatient hydrotherapy operate?

Patients are referred by their GP or consultant, assessed by an outpatient physiotherapist and placed in an appropriate hydrotherapy session.

How long do the hydrotherapy sessions last?

Sessions usually last for 45 minutes, – twice a week, for three weeks. They run from 10am through until 1pm, either on Mondays and Thursdays or on Tuesdays and Fridays.

How many patients are in the hydrotherapy sessions?

A 'group' session consists of up to five patients plus a hydrotherapy physiotherapist in the pool plus an assistant outside of the pool.

Some patients require 'individual' weekly sessions, which take place Wednesday afternoons.



How soon will I be seen in hydrotherapy?

Once you have been assessed by an outpatient physiotherapist regarding your suitability for hydrotherapy, you will typically start your treatment within two to three weeks.

What happens after the hydrotherapy sessions have finished?

Patients are either discharged or followed up 'on land' on completion of their hydrotherapy sessions (see other information leaflets regarding chronic/longstanding conditions).

Who else uses the hydrotherapy pool?

The hydrotherapy pool is used throughout the day, including the evenings and weekends by a number of patient groups.