

Pre-School Hydrotherapy

Information for Parents/Carers

What is Hydrotherapy?

Hydrotherapy means treatment with water (hydro). It involves exercise in a pool that is heated so that it is warmer than a swimming pool.

Where and when does it take place?

The group hydrotherapy sessions run from 12:30pm to 13:00pm but we ask that parents/carers arrive with their children no later than 12:10pm to allow time to change.

Hydrotherapy sessions take place at: Braidburn School
107 Oxfords Road North
Edinburgh
EH14 1ED

On arrival at the school, please proceed to the main entrance. The inside doors are kept locked, but the janitor or receptionist will open them for you. If they are not present, there is a buzzer you can press to alert them that you are there. Please sign in at reception and a member of the hydrotherapy team will meet all attendees in the main reception area.

Once all of the children have arrived we will head down to the changing rooms together. There is a large changing room available which includes curtained cubicles, trolley beds and a disabled toilet.

What happens at Hydrotherapy?

You and your child will be in the pool with one of the hydrotherapy team leading a group of up to 6 children, and another team member poolside to assist. There may also be student physiotherapists present at certain points throughout the year. The group session will last up to 30 minutes and consists of song led activities.

What should I bring?

Please remember to bring swimwear for both you and your child, swim nappy and a towel. Flotation aids are not required and will be provided if necessary. If you require the use of a hoist sling please bring both your wet and dry sling with you. Please also bring any medication you may require.

The pool environment is very warm with the water temperature averaging 35.5 degrees. After the session you should have a rest and a drink – we provide diluting

juice, water and biscuits if you want to stay and have a chat with the team members who will also be available.

Parents and Carers

Parents/carers are required to assist with your children in the pool during the group hydrotherapy session, and are responsible for helping their child undress/dress. There will be a member of the hydrotherapy team available to help/supervise the children whilst parents are changing. Please remember to shower off before entering the pool area.

Any adults remaining poolside should remove outdoor footwear for health and safety reasons. It can be very warm poolside so light clothing is advisable.

What if I am late/am unable to attend?

As the pool has a busy timetable, we cannot guarantee entry to the pool if you arrive later than 12:15pm.

We would also be grateful if you can let us know if you are not able to attend any session. The contact number for Physiotherapy is Tel: 0131 536 0337, or you can contact the physiotherapist directly. If 2 consecutive sessions are missed without us being informed, the place will be offered to another child.

Only attend hydrotherapy if you feel well enough to do so. If you have been unwell, please let us know.

We look forward to seeing you at the pool for what we hope will be an enjoyable group treatment session.

Royal Hospital for Children and Young People
50 Little France Crescent
Edinburgh
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