

Community Hydrotherapy

Information for children and young people and their parents/carers

What is hydrotherapy?

Hydrotherapy means treatment with water (hydro). It involves exercise in a pool that is heated to improve strength, mobility and function as well as offering other benefits such as relaxation. Your child will have been referred into this service with specific goals to work on from a physiotherapy point of view.

Where does it take place?

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 should all be open however there is a janitor present who can help direct you to the swimming pool and changing rooms (down the corridor to the right) if you are unsure. There are separate changing rooms for males and females.

What happens at hydrotherapy?

You will be in the pool with someone from the Physiotherapy team working on your own specific treatment programme. There are usually two or three children in the pool at a time working with their own individual therapist. Your session will last up to 30 minutes.

What should I bring?

Please remember to bring your swimwear and a towel. Goggles can be brought along too if you prefer to use them. If you have been advised that your parent/carer will be coming into the pool, then make sure they bring their swimwear too. If you require nappies then please remember to bring swim nappies for your session – these can be purchased at most major supermarkets and pharmacies. 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 - please bring some water with you.

Parents and carers

Parents/carers are required to wait in the pool area during the hydrotherapy session, and are responsible for helping their child undress/dress.

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

Siblings

Due to the confidentiality and safety of all pool users we strongly recommend that siblings do not attend the hydrotherapy session. If, however, this would be a barrier to attendance please get in touch.

What if I am late or unable to attend?

As we have a structured timetable, we cannot guarantee entry to the pool if you arrive later than your allocated time. 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 0131 312 1079, 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 treatment session.

Any more questions?

If you want to discuss any of the information in this leaflet further, or feel you would benefit from discussing your child with a physiotherapist please contact us on the numbers below.

Contact Telephone Numbers

If you live in **Edinburgh** please contact Children's Physiotherapy on **0131 312 1079**.

If you live in **East Lothian** or **Midlothian** please contact Children's Physiotherapy on **0131 446 4009**.