

Hydrotherapy for your back – exercise sheet

The aim of this information leaflet is to provide you with exercises for the hydrotherapy pool, as shown to you by your physiotherapist.

If you have any questions or concerns, please speak to the physiotherapist caring for you.

Walking



Starting position

- Stand in the pool.

Action

- Walk forward, backward or side to side.

Progress

- Increase your speed.
- Use paddles.
- Walk on your toes or heels.

Repeat: _____

Spinal rotation in standing



Starting position

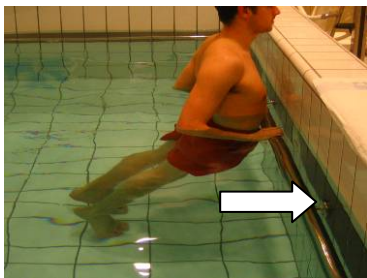
- Hold onto a noodle as shown.

Action

- Rotate left then rotate right.

Repeat: _____

Backward bending in standing



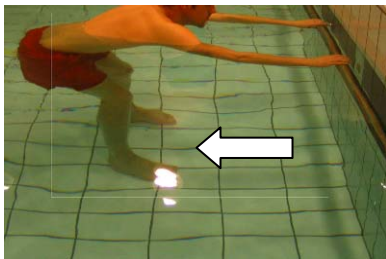
Starting position

- Stand in the pool facing the wall.

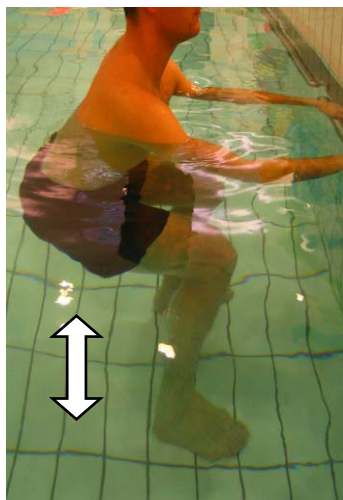
Action

- Hold onto the rail/wall, and without moving your feet bring your pelvis forward while arching backward.
- Push your body straight up, then bend forward at the waist.

Repeat: _____



Squats



Starting position

- Stand facing the wall.

Action

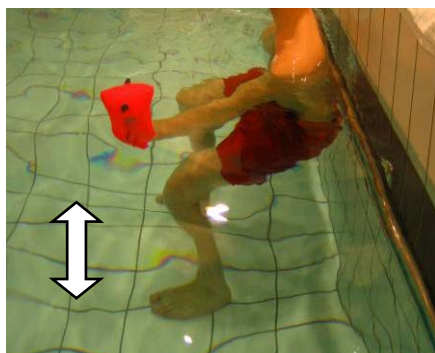
- Bend your hips and knees keeping your back straight.

Progress

- Perform the exercise standing on one leg.
- Perform the exercise without holding onto the rail. Instead, push a float down into the water while bending your hips and knees, and then pull it up when returning to the starting position.
- Perform the exercise in more shallow water

Repeat: _____

Forward and backward movement at the shoulder



Starting position

- Semi-squat with your back to the wall and your arms down.

Action

- Raise your arms to the surface of the water in front of you, then lower them back to your side.

Progress

- Use armbands or floats.

Repeat: _____

Cycling in the corner



Starting position

- In a corner of the pool, holding onto the rail, add/remove floats for support as required.

Action

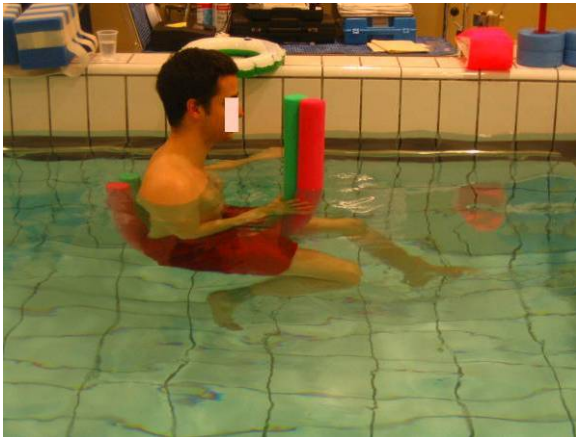
- Move your legs as if you are cycling.

Progress

- Increase your speed or add flippers.

Repeat: _____

Cycling on a noodle



Starting position

- Sit on a noodle.

Action

- Move your legs as if you were cycling.

Progress

- Increase the speed.

Repeat: _____

Knee straightening against the resistance of the water – noodle pushdowns



Starting position

- Stand with a noodle under your foot.

Action

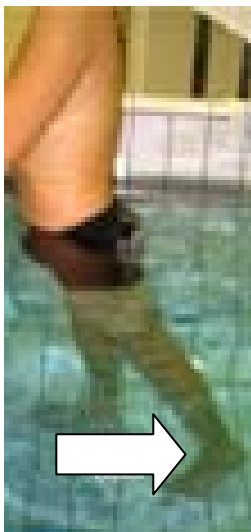
- Raise your foot off the pool floor bending it at the hip and knee.
- Push the noodle down.

Progress

- Use additional noodles at the same time.

Repeat: _____

Backward movement at the hip



Starting position

- Stand facing the wall and hold the rail.

Action

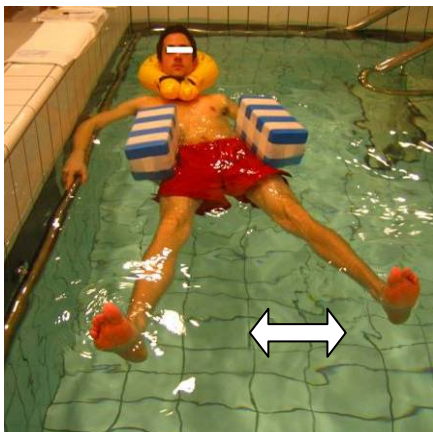
- Keeping your trunk still, move your leg backwards and bring it back to the starting position.

Progress

- Increase the speed.
- Increase the range of movement using an armband around the ankle.

Repeat: _____

Outward and inward movement at the hip



Starting position

- Lie on your back in the corner of the pool or supported by floats.

Action

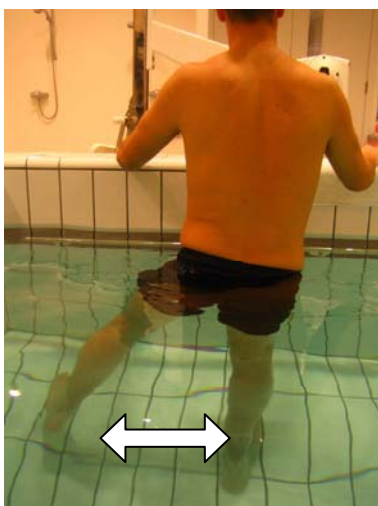
- Open and close your legs.

Progress

- Increase the speed.

Repeat: _____

Outward movement at the hip in standing



Starting position

- Stand facing the wall with your feet together and hold the rail.

Action

- Take your left/right leg out to the side and then return to the start position. Make sure you keep your trunk straight.

Progress

- Increase the speed.
- Use a float around the ankle to increase the range of movement.

Repeat: _____

If you have any questions or concerns about your hydrotherapy exercises, please contact your physiotherapist at **Guy's on 020 7188 5101** or **St Thomas' on 020 7188 5095**, Monday to Friday, 8.30am to 4pm.

Out of hours, please contact your GP.

Notes

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Useful sources of information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership