

Inflammatory back pain hydrotherapy class

You have been referred to the inflammatory back pain (IBP) hydrotherapy class at Guy's Hospital. Thursday 6pm – 6.30pm

If you have further questions or concerns, please ask the hydrotherapist or your physiotherapist.

How can hydrotherapy help me?

Hydrotherapy has been shown to be effective for the management of IBP when you are experiencing a flare-up of your symptoms. Exercising in water can:

- reduce pain and stiffness
- increase flexibility
- increase strength
- increase fitness
- assist with relaxation
- improve general mental health.

Before your hydrotherapy session

Please bring:

- a swimsuit for ladies and swim shorts for men
- flip flops to wear outside the pool (if you have these)
- any fast-acting medication, such as asthma inhalers or angina spray or tablets (without these you may not be able to use the pool).

Please let your physiotherapist or the hydrotherapy team know before your session if you need any special clothing or equipment.

Please let us know if:

- there is a change in your medical condition or your medication
- you have been to see or are going to see your doctor or specialist.

Where to go

Guy's Hospital
Lower ground floor (basement)
Southwark Wing
t: 020 7188 5104

Please arrive at least 10-15 minutes before your scheduled appointment time. If you are late, we may not be able to see you.

If you are unable to attend, please call our hydrotherapy team on 020 7188 5104 to cancel. If you miss two appointments without contacting us, you will be discharged from hydrotherapy.

At your hydrotherapy session

- If you are nervous in water, please let the physiotherapist know so that they can help you. The pool is not deep and there is a rail to hold on to. The physiotherapist will be close by at all times.
- The hydrotherapy pool is heated to 34°C.
- Your first session will be 45 minutes long (6pm-6.45pm for your first session only).
- Let the physiotherapist know if you feel unwell or dizzy at any time during the session.
- After your session, it is important that you have a shower to rinse off the chlorine that is in the pool water. Towels are provided if needed. If you get dry skin, use a body cream or lotion after showering.
- We strongly advise that you drink in order to rehydrate after the hydrotherapy session.

After completing your hydrotherapy sessions

Your course of hydrotherapy will consist of four sessions. An exercise programme and information on local hydrotherapy pools will be provided after the sessions, to help you to continue to manage your condition.

If you were referred to our service by the Guy's and St Thomas' rheumatology team:

If after your hydrotherapy sessions, you have a further flare-up, call the rheumatology helpline on 020 7188 5896. They will be able to advise you on whether further hydrotherapy is appropriate.

Contact us

If you have any questions or concerns about your hydrotherapy appointment, please contact us on 020 7188 5104 (Wednesdays, 1.30pm-2.30pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

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

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