

# Self-hydrotherapy

This leaflet explains more about self-hydrotherapy. If you have any further questions, please speak to a physiotherapist caring for you.

## What is self-hydrotherapy and how does it work?

Hydrotherapy is a form of exercise carried out in a specially heated pool, often directed by a physiotherapist. Self-hydrotherapy encourages patients to continue with their home exercise programme using self-directed hydrotherapy, giving them independent management of their condition. The self-hydrotherapy session is supervised by a staff member who remains poolside in case of any emergencies. They can also issue equipment and offer simple advice but are not available for assessment or treatment.

## Who can use the service?

Anyone who has previously been assessed as suitable for hydrotherapy, is independent with their exercises, and can access the pool independently or bring a carer to assist.

If you have not previously attended physiotherapy at Guy's or St Thomas', or through the private physiotherapy service, you may need to have an individual private hydrotherapy session before starting self-hydrotherapy sessions. Please contact us for further advice and information, including costs of our private hydrotherapy sessions.

## When are the self-hydrotherapy sessions?

Self-hydrotherapy sessions are held at both our Guy's and St Thomas' hospital sites:

### Guy's Hospital

Tuesday 5-6.30pm

Wednesday 9.30-10.30am

Friday 1.30-2.30pm

### St Thomas' Hospital

Tuesday 4.30-6.30pm

Thursday 10.30am-1.00pm

Each session lasts 30 minutes. There is a maximum of five or six people per session, so you will need to book your session times in advance.

## Where do I need to go?

The hydrotherapy pool is situated on the 3rd floor, Lambeth wing, at St Thomas' Hospital, and in the Therapies Rehabilitation Unit, Basement, Tower Wing, at Guy's Hospital.

## What do I need to bring with me?

- Swimsuit or shorts, flip flops to wear outside the pool to help prevent Tinea pedis (athlete's foot)
- Any fast acting medication like asthma inhalers or angina spray or tablets
- Please note that towels are provided.

## Please call and cancel if you

- are unable to attend for any reason
- have a fever or the flu or you are feeling unwell
- have had diarrhoea within the last 48 hours
- have an open cut or wound that cannot be covered with a waterproof dressing.

You will be required to give a least 24 hours' notice if you wish to cancel your session. Failure to do so may result in you being charged.

## How much does it cost?

Each 30 minute session is £8 to be paid before your session by cash or cheque (correct cash if possible, cheques payable to Guy's & St Thomas' NHS Foundation Trust).

### Contact us

To book or cancel your session, or for any other information, please contact the private physiotherapy department on **020 7188 5097** and ask for the self-hydrotherapy session.

If you have any questions or concerns about your rehabilitation, please contact:

Guy's physiotherapy department on **020 7188 5103**

St Thomas' physiotherapy department **020 7188 5094**

(Monday to Friday, 9am to 5pm)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://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, Monday to Friday, 9am to 5pm

### 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](mailto:pals@gstt.nhs.uk)

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

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A list of sources is available on request