

# 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?**

We are currently offering lunchtime sessions every Thursday at 12 noon and 12.30pm and evening sessions every Wednesday at 5pm and 5.30pm. Each session lasts 30 minutes. There is a maximum of five people per session, so you will need to book your session times in advance by calling us on 020 7188 5097.

## **Where do I need to go?**

The hydrotherapy pool is situated on the 3rd floor, Lambeth wing, at St Thomas' 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 £7, 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)

## Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's

e: [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

## Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

## Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815      fax: 020 7188 5953

## NHS Direct

Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647      w: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## 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](http://www.nhs.uk)

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