

# What is hydrotherapy?

Hydrotherapy is a treatment modality that uses therapeutic exercises in a heated pool environment. It utilises the warmth of the water to relax muscles and relieve pain and muscle spasm.

The buoyancy in the water can be used to assist movement to gain range or resist movement to increase strength.

The water also supports the body, giving a feeling of weightlessness. This allows joints to move more freely and with less effort.

Patients generally report being able to walk and do exercises in the pool that they would not be able to do on dry land.



# What is hydrotherapy used for?

Hydrotherapy helps people overcome a wide range of physical symptoms such as joint pain and muscle weakness and can speed up recovery after a fracture or surgery. In people with MS research has shown that hydrotherapy helps to improve:

- Muscle strength
- Fitness
- Gait and mobility
- Quality of life & wellbeing
- Reduces spasticity, pain and swelling of the limbs

If you are interested in receiving hydrotherapy:

Ask your physiotherapist (or ask in reception if you are not seeing any physiotherapist at the moment).

You will first have an assessment to:

- assess your medical problems and general health
- decide whether you are suitable for hydrotherapy
- decide a treatment plan.

We currently offer a group class and one-to-one hydrotherapy sessions with one of our chartered physiotherapists. You do not need to be able to swim to benefit from hydrotherapy, however if you are fearful of water, please discuss this with your physiotherapist.

# Things to remember

*Please do not attend the pool and consult your physiotherapist if you:*

- are feeling unwell, have a fever (temperature 37°C and above) or symptoms of flu
- have an open cut or wound that cannot be covered with a waterproof dressing
- have had vomiting/diarrhoea less than 24 hours prior to pool session

Let the physiotherapist know if you feel unwell when you are in the pool. We strongly advise that you have a hot or cold drink to rehydrate after your hydrotherapy session.

***If you are unable to attend, please contact the MS Therapy Centre at least an hour before your scheduled appointment.***



# About the pool

The pool is situated in the grounds of Cregg house, Ballincar, Sligo. The bus leaves the centre at 10:50 and returns at 12:50 pm. The bus is wheelchair accessible and the group is accompanied by a physiotherapist and physio assistant at all times. There can be a waiting list to join the class, but the physiotherapist will contact you as soon as a space becomes available.

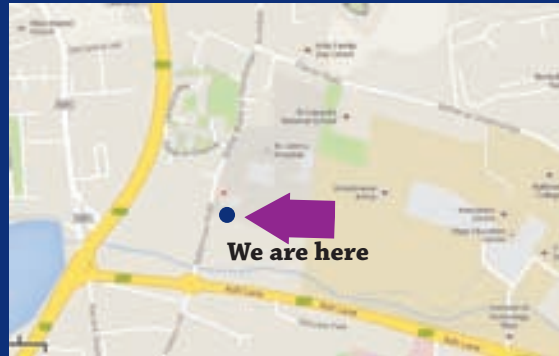
- There is a depth of 4 foot/1.2 m and bars in the walls of the pool.
- Temperature is between 32°C and 34°C
- The water is chlorinated so please inform your physiotherapist if you are allergic or sensitive

What will you need to bring?

- A swimming suit
- A swimming hat
- Towels
- Pool socks
- Any fast-acting medication you might need, such as eg. Inhalers, GTN spray



# Contact Details



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**MS North West  
Therapy Centre Sligo**

Providing essential services to people with  
Multiple Sclerosis, related neurological conditions,  
and their families

**Hydrotherapy**

**INFORMATION  
LEAFLET**

