

## Does it matter if I cannot swim?

No. Your Physiotherapist will plan your exercises so that you can do them safely.

## What do I need to bring?

For hygiene and infection control purposes, it is mandatory to bring your own swim wear. We do not recommend wearing normal clothing in the pool as it will introduce fibers that will affect the pool's chemistry. A towel will be provided for use following your exercise session in the water. Toiletries (shampoo and shower gel) will be provided upon request.

You should also keep the soles of your feet covered in the area around the pool and in the shower area by wearing clean sandals.

## What time do I need to arrive?

Please arrive 15 minutes before our session as you will be required to have a quick shower prior to entering the pool and to allow time to change into your swim wear.

## Where should I go?

Please make your way to the Rehabilitation Department and wait for the Physiotherapist or Rehabilitation Assistant direct you to the pool.

## What should I do if I can't keep an appointment?

Please inform the Hydrotherapy staff in advance if you are unable to keep an appointment.



PANTAI JERUDONG  
SPECIALIST CENTRE



## Contact Us

### Opening Hours

Mon to Thu	8am - 5pm
Friday	8am - 12pm 2pm - 5pm

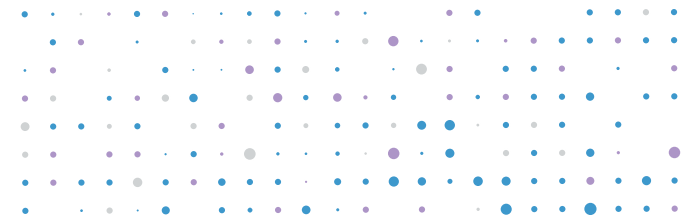
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## HYDROTHERAPY



# What is Hydrotherapy?

Hydrotherapy is exercise in a heated pool (32°C–36°C) to relieve discomfort and promote physical well-being. Hydrotherapy is a general term for a group of alternative treatments that use water for the relief of various diseases or injuries. The temperature of the water is integral in enhancing the therapeutic properties of the treatment.



For some, it may be easier to move in the water, often with relief from their symptoms. Individuals that are restricted by pain on land can often start some exercises in water with less pain, partly due to the relaxing effects of the warm water and water pressure. Hydrotherapy can soothe sore or inflamed muscles and joints, and rehabilitate injured limbs.

The buoyancy of the water can assist with movement, and the resistance of the water can aid in strengthening the muscles. Hydrotherapy alongside land based treatment can help some to achieve their goals more quickly.

Hydrotherapy can also give some individuals a sense of independence, where they might rely on walking aids on land, they may be able to move more freely in the water.

**Indications for Hydrotherapy include:**

- Muscle weakness
- Loss of joint mobility
- Poor co-ordination or balance
- Pain or lack of confidence
- Pre-gait training

**Examples of patient populations that benefit from Hydrotherapy include:**

- Arthritis (e.g. severe hip/knee/ankle/foot arthritis)
- Low back pain
- Neurological disorders such as the following: Stroke, Parkinson's disease, Guillain-Barre Syndrome, Post-spinal cord injury, Polyneuropathy
- Fibromyalgia Syndrome (FMS)
- Major fractures and post orthopaedic surgery.
- Pregnancy
- Athletic conditioning during recovery.
- Post-surgical rehabilitation.

Hydrotherapy can be conducted in groups or on an individual basis.

**For group programmes, contact us for more information**

## Who can be treated using Hydrotherapy?

We have specific criteria for Hydrotherapy as it is not appropriate for all – if you feel Hydrotherapy would be beneficial for your problem, your suitability for this can be evaluated – all candidates must be screened or assessed by the overseeing therapist to determine suitability for Hydrotherapy treatment.



## How many sessions will I attend?

The number of hydrotherapy sessions you need to attend will depend on your condition and therapy goals. The Physiotherapist will advise you of the number of sessions required when you first attend for treatment in the pool.

## Who will be in the pool with me?

When in the hydrotherapy pool, there will be a Physiotherapist in the water with you at all times. Another Physiotherapist or a Rehabilitation Assistant will also be present at all times.