

Where is the hydrotherapy pool?

The pool is at the **Mill Road Therapy Centre** which is situated on Mill Road between Turner road and Northern Approach road.

The postcode for Mill Road Therapy Centre is: CO4 5LJ

Paediatric Rehabilitation Service
01206 588073

Paediatric Rehabilitation
659 The Crescent
Colchester
Essex
CO4 9YJ

This leaflet is available in
alternative format on request.

HYDROTHERAPY AT MILL ROAD

Paediatric Rehabilitation Service
01206 588073

What is hydrotherapy?

Hydrotherapy is physiotherapy in water.

The hydrotherapy pool is warmer than a normal pool at around 34°C and this helps to relieve pain and relax you.

Due to buoyancy the water takes pressure of the joints and supports your body weight allowing the you to do exercises and activities you may not be able to do on land.

What Will Happen When I Come to Hydrotherapy?

Please arrive 20minutes before your appointment to allow time to change.

You will be collected from the waiting area by our assistant and shown where to change. If you have restricted mobility we have overhead hoists and change beds in all change areas.

Depending on your mobility level you will then enter the pool with the physiotherapist via the steps or pool hoist bed/chair.

What should I bring with me?

- Swimming costume / trunks
- A drink
- Swim nappies if required.

What you need to know

Due to the temperature of the pool and the effects of emersion on the body it is normal to feel tired after a session, to need to go to the toilet more frequently and to be thirsty.



When Can I Not do Hydrotherapy?

- Within 48hours of having an episode of diarrhoea or vomiting.
- If you have an active infection or are on antibiotics for an infection.
- When you are in a plaster cast.

There are other medical contraindications to hydrotherapy and therefore if your medical condition changes at all please inform your physiotherapist or the physiotherapist running the session.

Who Do I Call if I need to cancel an appointment?

If you are unable to attend an appointment please call June Wallis at the Mill Road therapy Centre on 01206 745442 or Paediatric physio on 01206 588073.

Please note if we cancel an appointment you will be offered another, unfortunately if you cancel an appointment we are