

What's the deal with Hydrotherapy?

Hydrotherapy is a form of exercise therapy that allows people with a variety of conditions to exercise in a safe and comfortable environment. It is conducted in a specifically designed swimming pool.

Whilst being less strenuous, it focuses on guided, controlled, pain-free movements with the ultimate aim of providing pain relief. The design of the pool enables the user to exercise in a safe environment at different depths and with all the equipment needed.

What makes a hydrotherapy pool different to my swimming pool?

The water is kept at between 31-34 degrees, allowing the body to benefit from the ambient heat.

What are the benefits of hydrotherapy over other forms of exercise?

Minimises Aches and Pains

The warmth of the water relaxes muscular spasm which is commonly found in people with pain. It also increases circulation in the area of discomfort which ultimately helps in accelerating the healing process.

Gains Strength

Hydrotherapy can help strengthen weak muscles. Different exercises can be undertaken in water and the type of exercise prescribed will vary according to the condition or injury

being treated. The resistance provided by the water itself helps to strengthen weak muscles.

Increases flexibility

The increased temperature of the water helps in relaxing tight muscles which can increase the range of movement of any particular joint. This will help you feel more flexible.

Minimal Impact on Joints

A hydrotherapy pool provides the opportunity to exercise without your bones and muscles being shackled by gravity's constraints. Therefore, hydrotherapy conveniently provides a great alternative to exercise where constant ground impact is too painful or not indicated.

Who is it good for?

Hydrotherapy benefit people with osteoarthritis, general aches and pains, sporting injuries, surgical recovery, and many other conditions. Furthermore, it is a great option for people who find normal land-based training too strenuous. This can be due to increased body weight, weakness in muscles or due to chronic pain.

What if I'm not a strong swimmer?

Hydrotherapy is different from swimming. Most exercises are done with feet touching the floor or with the assistance of floatation devices. Being a strong swimmer is not a prerequisite and should not deter you from trying hydrotherapy.

I'm really not bikini ready...

That is fine! Our hydrotherapy pool is for exercise. We encourage people to wear anything that they feel comfortable in as long as they don't mind getting wet. Many of our clients wear t-shirts and shorts in the pool. As long as you can move freely in what you're wearing, then that is fine.

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To talk to our physiotherapists about Hydrotherapy classes, call us on 97891233

Four Surprising Reasons Why Your Pain Is Not Improving

Most tissues in the body have healed completely in six to 12 weeks following an injury, however, many people have severe pain that lasts much longer than this. We know that the intensity of the pain you feel is not always associated with a similar amount of damage. In some cases, there can be a severe amount of pain with almost no detectable damage. With this in mind, we explore some reasons why your pain might not be getting better, long after the tissues have healed.

You're afraid of the pain.

Pain can mean many different things, for some of us pain can affect our ability to work or can be a symptom of a serious disease. What you believe about your pain can either amplify or reduce the symptoms you experience. If you feel that every

time you experience pain you are causing more damage, you will naturally pay more attention to this and your nervous system will amplify the signals in an attempt to keep you safe.

If you understand the cause of your pain and know that while there is discomfort, you are not in danger of causing more damage, often the pain will feel less severe. This is one of the benefits of seeing a physiotherapist after your injury as they can help you to understand your pain, giving you more control over your recovery.

You started moving differently after the injury.

Immediately after an injury, it's natural to change the way you move to avoid painful movements. After a while, these changed movement patterns can become maladaptive and actually begin to cause pain and discomfort on their own due to the altered stress patterns placed on your body.

Correcting these adaptive movement patterns can often go a long way in reducing pain after an injury. You might not have noticed these changes and might need a physiotherapist to identify and help you to return to your usual movement pattern.

You have lost muscle strength since the injury.

While a certain amount of rest following an injury is always helpful, if we stop moving altogether, our muscles can lose strength. This can mean that our posture changes, we fatigue easier during our usual activities and that we are more susceptible to further injury. Less movement also means we actually focus on the pain more when it does happen. Physiotherapists are able to advise you on the right types and amounts of exercise for you in the period following your injury.

The pain has affected your lifestyle.

When pain affects your ability to sleep, work and even concentrate, it's not surprising that this can have a negative affect on your overall wellbeing and mental health. This can create a negative cycle of anxiety and depression that perpetuates and increases the experience of pain. If your pain is really getting you down, speaking to a mental health professional can actually be a valuable part of your physical recovery.