

## Hydrotherapy Information Booklet



### **Perth and Kinross Physiotherapy Service for Adults with Learning Disabilities**

Created in “Boardmaker” by Tayside Speech & Language Therapy service for adults with a learning disability.

## What is hydrotherapy?



The hydrotherapy pool is a pool filled with warm water.



It can help ease pain in your joints and muscles.



It can help you with your fitness.



It can improve your circulation.



It can help with your balance and posture.



It can help if you are scared of water.

## What will I need to bring with me?



Your carer (if needed)



Your swimming costume or swimming shorts



Shower Gel, and if needed, shampoo and conditioner

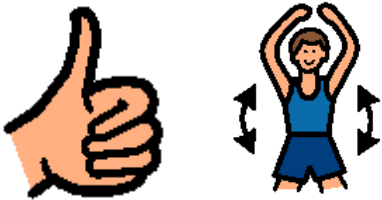


Any medication you may need



Deodorant, brush, and any other personal care items needed

# Hydrotherapy Agreement



Only attend hydrotherapy if you feel well enough to do so. If you have been unwell, please let the physiotherapy department know.



Bring a carer along if you feel you need support with finding your way to the pool or with getting changed before and afterwards.



Tell your carer or a member of the physiotherapy team if you feel unwell during your session.

## Contact



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