

POSITIVE STEPS

HYDROTHERAPY

What is Hydrotherapy and what is it used for?

- Hydrotherapy is a treatment method that utilises water to treat a variety of symptoms throughout the body.
- The warmth of the water can allow muscles to relax, and therapists can utilise the water to provide a resistance to moving joints.
 - It is often used to treat adults and children range of conditions such as Osteoarthritis, Parkinson's disease, Cerebral palsy, Multiple sclerosis, Genetical diseases/disorders plus **much more!**

How is Hydrotherapy different to swimming?

- Hydrotherapy pools are designed for movement meaning they are shallower than normal pools and are a lot warmer than normal pools (33-36°C)
- Hydrotherapy sessions are led by specially trained physiotherapists providing a warm, safe, and low impact exercise environment!
- Sessions are tailored to the individual need of each client to gain the greatest benefits from the sessions!

Potential benefits of Hydrotherapy

- Pain Reduction
- Improves balance and coordination
- Encourages normal movement
- Increases range of movement
- Reduces muscle spasms
- Improves muscle strength
- Improves overall function

Our Hydrotherapy service

Where? – Newfriars College, Stoke-On-Trent

Sessions – Blocks of six, 30-minute sessions with our highly experienced therapists!

Cost – Please enquire for rates

For any enquiries, please contact us!

Call Lorna on 07801238819 or email lorna@positivestepsphysio.co.uk

