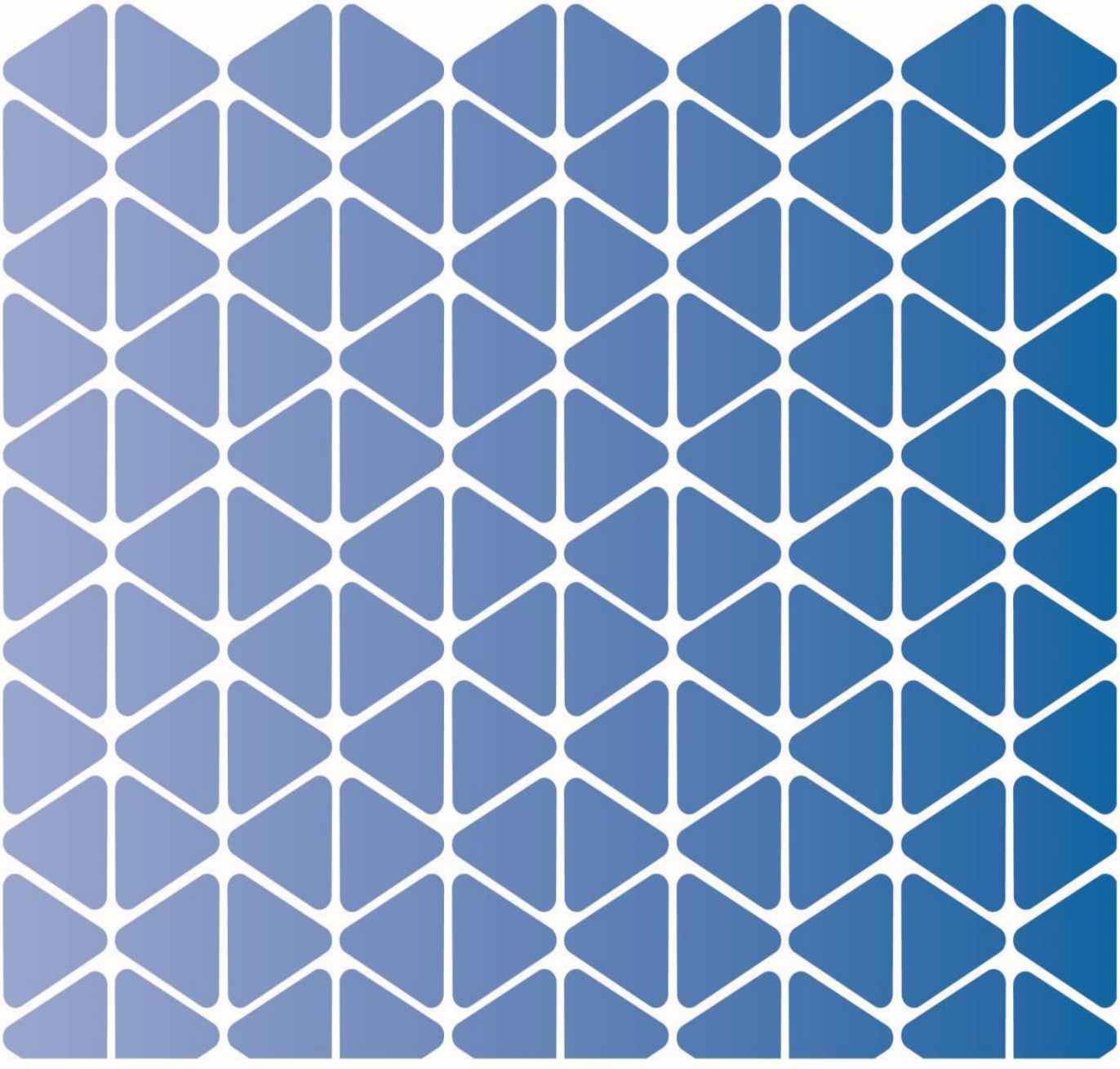
NHS
Worcestershire Acute Hospitals NHS Trust

PATIENT INFORMATION

HYDROTHERAPY EXERCISE SHEET - BACK/ CORE



Hydrotherapy exercise – patient information

You have been provided with this exercise leaflet following a course of outpatient hydrotherapy.
Please only complete the exercises you have been guided to do by your physiotherapist being mindful of any specific modifications made for your personal circumstances.

SAFETY

If you experience sudden shortness of breath, chest pains, angina or dizziness STOP exercising and contact your doctor.

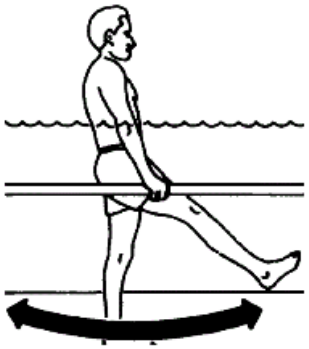
Stop if an exercise causes you pain. Next time do fewer repetitions and if still painful, stop the exercise and talk to your physiotherapist.

Equipment

Although you may have used a variety of equipment with your physiotherapist in our hydrotherapy pool, this may not be available at your local swimming pool. Therefore, we are able to advise alternatives or equipment you can purchase.

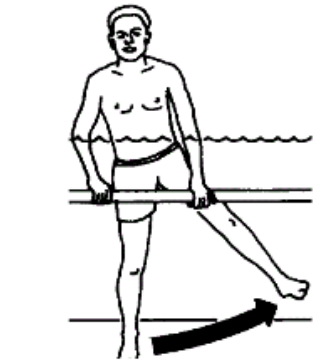
Leg Swinging

Swing your leg Forwards and back.
Add ankle weight to progress.



Leg Swinging

Swing your leg from side to side
Add ankle weight to progress.

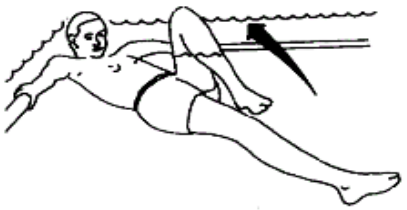


Knees to chest

Lying on your back. Hold onto the handrails in the corner of the pool, the side of the pool or on a plinth. Bring both your knees to your chest, then straighten legs out again.

Knees to chest (alternate)

Lying on a plinth/ corner of pool - alternate knee to chest. Nose to knee to progress.
Cycle legs, scissor legs.



Knee Twists

Lying on your back hold onto the hand rails or side in the corner of the pool or on a plinth.
Bring both your knees to your chest and then twist them side to side.

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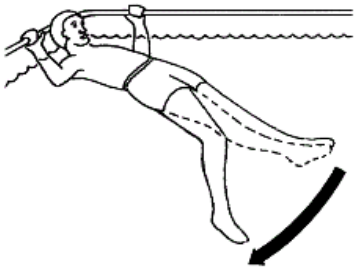
Leg extension

Lying on your back holding the handrails or on a plinth – push one leg down into the water keeping your knee straight, then repeat with the other leg.

Place legs into rubber rings to progress.



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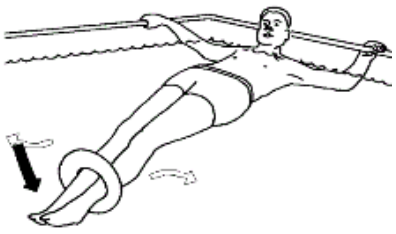
Bilateral leg extension

Lying on your back in the corner holding the handrails, side of the pool or lying on the plinth, place both legs into one ring push down.



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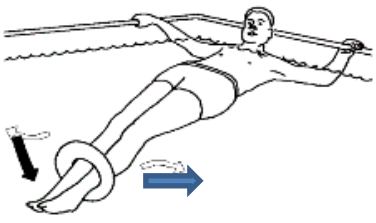
Side to side

Lying on your back in the corner or holding the handrails/ lying on the plinth, place both legs in the ring and move them from side to side.



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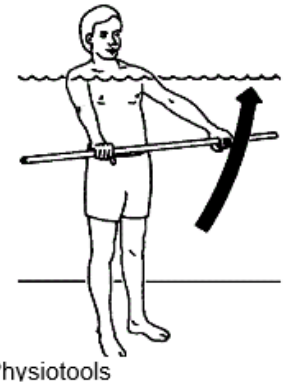
Upper limb

In standing push a float or a woggle down into water and slowly raise it up again to water level.
Variations

- Perform with arms straight.
- Perform with arms bent.



Woggle

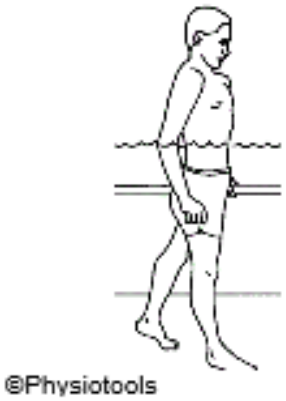
Sitting on the woggle/ noodle
Attempt to maintain your balance and take your feet off the floor.
Progression 1:
Lift one arm out of the water. (Alternate)
Progression 2:
Cycle your legs like on a bicycle whilst maintaining your sitting balance.

Walking

Hold onto the side rail, walk along.
Variations:

- Fast/ Slow
- Toe walking
- Heel walking
- High knees

Progression: Walk the width of the pool using a float to balance if required – repeated the same variations as above.



Additional personalised exercise programme

Exercise 1

Exercise 2

Exercise 3

Exercise 4

Where could I go now to continue my hydrotherapy?

- **Perdiswell Leisure Centre Worcester – 01905457189**
- **Lower Wick Swimming Pool (warm) – 01905 421089**
- **Abbey Stadium Swimming Pool – 01527 60206**
- **Osborne Court Hydrotherapy (warm) – 01684 612722**
- **Malvern Splash – 01684 893423**
- **Pershore Leisure Centre – 01386 552346**
- **Bromsgrove Leisure Centre – 01527 916434**
- **Evesham Leisure Centre – 01386 444212**
- **Wyre Forest Leisure Centre – 01562 515151**
- **Droitwich Leisure Centre – 01905 771212**

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.