



# Hydrotherapy Back Rehabilitation Class

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Following assessment by your health professional it has been recommended that you attend the back rehabilitation class in the Hydrotherapy Department at the Royal Orthopaedic Hospital.

## **What is the back rehabilitation class?**

This is a water based exercise class to help improve your function and manage your back pain more effectively. The class uses a circuit approach to exercises (patients move from one exercise to another), as well as the properties of heat and buoyancy to assist in performing tasks that you may otherwise find too difficult or painful. The class is made up of a small group of participants who are all undergoing hydrotherapy to meet their own goals as agreed at their initial assessment.

## **How often do I need to attend?**

The class is held on a Tuesday afternoon at 2.30 pm. It is suggested you arrive at least 5 minutes prior to the appointment, as the class will be called through early to allow for changing time. The number of sessions required will be down to the referring therapist. On average people attend between 3 and 6 sessions before further treatment and management options are discussed.

## **Will it hurt?**

The aim of the class is to help you improve your function. Initially you may feel more uncomfortable, especially after the first session, but this normally improves as you continue.

## **What if I can't swim?**

Being able to swim is not essential as there is no actual swimming involved. The class comprises of exercises done in the water, and you will be able to stand in all parts of the pool. There are many hydrotherapy users who have very beneficial treatment who can't actually swim!

## **What will I need to bring?**

You will need to bring swimwear (such as shorts for males or a swimming costume for females) and a towel. There are lockers to use, free of charge, for storing your clothes and possessions during the class. If you have any further questions please speak to your referring therapist or a member of the hydrotherapy team.

## **What if I cannot tolerate the sessions?**

Based on the experiences and outcomes of the past users of this class, it is unlikely that you will not tolerate or benefit from this class. If you feel that this class is not for you, please inform the therapist running the class, who will transfer you back to the referring therapist to discuss ongoing management.