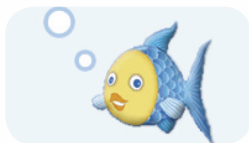


INTRODUCTION

Please inform the physiotherapist if you have any of the following conditions:

- ~ Tummy bugs (must be clear of symptoms for 48 hours)
- ~ Infected wounds
- ~ Infected skin
- ~ Open Sores
- ~ Tinea pedis (athletes foot)
- ~ Incontinence of urine or faeces
- ~ Chest infection
- ~ Severe epilepsy
- ~ Chlorine sensitivity
- ~ Fever
- ~ Heart problems



CANCELLATIONS

Please phone the Child Development Service on 546 1249 before 3pm if you are unable to make the hydrotherapy session.

NOTES

If you have any comments that may enable us to provide a better service please contact us at the address below.

Should you want to make a formal complaint please contact the Complaints Co-ordinator of Nelson Marlborough District Health Board

Child Development Services
Nelson Hospital, Private Bag 18,
NELSON 7040
Phone: Nelson - 03 546 1211
Blenheim - 03 520 9688
Email: CDS@nmdhb.govt.nz

Hydrotherapy



Time to float

INTRODUCTION

Your child has been referred for a block of hydrotherapy sessions at the Nelson Hospital Hydrotherapy pool.

These sessions are run by a paediatric physiotherapist from the Child Development Service. This therapist may be different to the therapist that you normally work with, but clear goals will have been set for the sessions. This process will be initiated by the therapist who best knows your child, in partnership with you and your child to ensure the sessions meet your child's needs.

Depending on the age and confidence of your child, and the number of other children accessing the session you may or may not be required to enter the water with your child. This will be discussed with you, however parents are required to be present at the poolside for the whole session even if you are not required to get into the pool.

Although we will no doubt have fun in the pool, these sessions are for therapy and therefore we can not unfortunately accommodate siblings during the sessions

BENEFITS OF HYDROTHERAPY

- ~ Improved strength
- ~ Improved range of movement
- ~ Improved balance
- ~ Improved body awareness and control
- ~ Improved mobility and weight bearing
- ~ Improved water confidence
- ~ Improved breathing control
- ~ Decreased pain
- ~ IT'S FUN!!



PROCEDURE IN THE POOL

- ~ Please shower before coming to the pool.
- ~ Bring your child's own towel and swimming togs.
- ~ Be punctual and stick to the time you have been given. If you are unable to attend or keep that time please let us know.
- ~ Do not enter the pool unless a supervisor is present.
- ~ Shower after the pool to remove chlorine.
- ~ Ensure your child has a drink after the session

DO NOT STAY IN THE POOL LONGER THAN 20 MINUTES

