



## Hydrotherapy

Hydrotherapy is the use of water in the treatment of different physical conditions. It acts as a form of physiotherapy whilst being within water.

Hydrotherapy differs from swimming, as it requires a specific pool usually 33 to 36°C which is warmer than a typical pool. It focuses on slow, controlled movements and relaxation. The focus of the exercises can be adjusted to help the individuals range of movement or strength depending on their needs.

Hydrotherapy can benefit an individual in different ways such as;

- Increasing the range of movement for stiff joints
- Reduce pain
- Increase the strength of muscles
- Increase exercise tolerance

It may take the form of one-to-one therapy or being group sessions. This can be private or within the school setting.



**My notes:**

