

Nether Hall School Vision & Values



Guide to Hydrotherapy



What is it?

Hydrotherapy is a form of physiotherapy which makes use of the natural buoyance heat and resistance of water to help bring out benefits, which can be a great way to provide a fun and engaging environment to help stimulate students. The pool offers many benefits to individuals who have problems with musculoskeletal, neurological and respiratory conditions. Advantages of hydrotherapy include:

- Improving fitness
- Relaxation
- Pain relief
- Safe, fun and engaging environment
- Enhances mobility
- Enhances muscle strength
- Increases an individual's range-of-motion, promoting health as well as weight loss
- Weightless activity relieving every pressure point

Hydrotherapy pools are different from ordinary pools as they are temperature controlled. Our hydrotherapy pool is always set to temperatures averaging 34°C.

Students do not need to be able to swim in order to use the hydrotherapy pool and sessions are one to one supervision ensuring safety at all times.

What do I need to do?

Please ensure that you have filled out the permission slip form allowing your child to partake in swimming within the Hydrotherapy pool. (If you need another form please do not hesitate to ask.)



All students are allocated a swimming slot in school therefore please ensure you send in a swimming kit and rubbers/swim nappy for your child to wear for swimming. This can be kept in school if you wish for class staff to wash for you, or sent home after each session.



Please contact the Therapy Coordinator Tor Thomas at Nether Hall School if you would like to discuss this further.