

Dorset Pain Management Service - AQUABILITY



Initial Physiotherapy appointment– it may be identified that a short course in Aquability may be suitable



You will be given an assessment by a Specialist Pain Physiotherapist and then you may go on a waiting list for an available appointment for the pool with some specific goals being set



You will be invited to our 6 session graded exercise class in the water. This will be facilitated by one of our Specialist Pain Physiotherapists



After your sessions your referring clinician will re-evaluate your progress and will discuss further options.



You may be some prescribed self paced, land based exercises to do at home or be given a list of pools where you can carry on your water based exercises as part of your exercise programme.

Our vision is to be...

**BETTER
EVERY
DAY**

through...

★ Excellence
♥ Compassion
🛠 Expertise

in all we do

☎ Tel: 01305 363019

✉ Email: dhc.dorset.cps@nhs.net

🌐 Web: www.dorsetpain.org.uk

🌐 Web: www.dorsethealthcare.nhs.uk

Welcome!

You have been referred to Aquability for guided movement in warm water with Specialist Physiotherapists from the Dorset Pain Management Service. The course will consist of six sessions and each session will be around 30 minutes in duration. The pool does not belong to us and will have some rules we have to follow to meet their health and safety guidelines and keep us all safe.

How can Aquability help me?

Movement in warm water 34-35 degrees has been shown to be effective for the management of Chronic pain and when you are experiencing a flare-up of your symptoms.

Exercising in warm water can:

- reduce pain and stiffness
- increase flexibility
- increase strength
- increase fitness
- assist with relaxation`

COVID Precautions

A face mask will be provided to you on the day of your session. Please do not attend the session if you have any COVID-19 symptoms

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

Please contact us before the session to make us aware of any of the above symptoms or if you have been in recent contact with anyone who has tested positive for COVID-19.

IMPORTANT - Before your Aquability session

Please bring:

1. Appropriate swimwear
2. A towel and a bottle of drinking water
3. flip flops to wear outside the pool (if you have these)
4. **All fast-acting/emergency medication, such as asthma inhalers/angina spray Epi pens, Epilepsy medication or tablets. You will need to bring this to the poolside for easy access should you need to use it.**

Please arrive at least 10-15 minutes before your scheduled appointment time. If you are late, we may not be able to see you.

Please let us know before your session if you need any special clothing or equipment.

At your Aquability session

- If you are nervous in water, please let the physiotherapist know so that they can help you. The pool is not deep and there is a rail to hold on to. The physiotherapist will always be close by.
- The therapy pool is heated to 34-35°C.
- Let the physiotherapist know if you feel unwell or dizzy at any time during the session.
- After your session, it is important that you have a shower to rinse off the chlorine that is in the pool water. If you get dry skin, use a body cream or lotion after showering.

We strongly advise that you drink water to rehydrate after the Aquability session.

After completing your Aquability Course

An exercise programme and information on local warm and accessible pools will be provided after the sessions, to help you to continue to manage your condition. If you have further questions or concerns, please ask your Pain Clinician to clarify. We cannot promise to give you a replacement session if you have to cancel one due to waiting lists.

Please let us know if:

You are feeling unwell or have had any other:

- change in your medical condition or your medication
- you have been to see or are going to see your doctor or specialist.

If you are unable to attend, please call our team on 01305 363019 to cancel. If you miss an appointment without contacting us, you will be discharged.

