

### INDUCTION

This is a general introduction to the hydrotherapy pool for people who are generally able-bodied, but possibly with mild aches, pains and stiffness, for example arthritis, back pain or following joint replacements.

They will be introduced to the pool and procedures by a hydro therapist; go into the water for 20 minutes to experience a generic exercise programme.

Cost £15.00 increasing to £20 with effect 1<sup>st</sup> April 2018 including 1<sup>st</sup> mobility session if taken within 1 month of induction

*\* If a client has attended an Induction and chooses to then book an Assessment within one month of their Induction they get a reduced rate of £30*

### ASSESSMENT

This is for people who require, or would like, an individual 1:1 session with a physiotherapist.

This lasts 30 minutes; they are in the water for 20 minutes and are given advice and their own specific exercise programme.

Recommended for people with more complex conditions.

Cost £35.00 increasing to £40 with effect 1<sup>st</sup> April 2019 including 1<sup>st</sup> mobility session if taken within 1 month of assessment

REVIEWS with a physiotherapist

Cost £30.00

*\* For Clients with Carers: the carer must attend the Induction or Assessment with the client, at no charge for the carer. They must also complete a Health Questionnaire marking it at the top: 'CARER for '<name.....>'*

## **BOOKING**

The receptionist takes contact details for the person making the enquiry and records it in the Enquiry Book, passing all enquiries onto Susan Fraser for her to speak with the person enquiring and deciding if they are suitable to book and Induction or an Assessment.

Susan Fraser will book an appointment and invite the potential client (and their carers if appropriate) to attend at least 15 mins before their appointment to complete a 'Health Questionnaire'.

After the Assessment or Induction the physiotherapist or hydrotherapist will pass back the completed Health Questionnaire to the pool reception for processing and filing.

## **INDUCTIONS**

Min 2 people and Max 6 - excluding Carers.

Max of 1 client with a Carer per Induction

Tuesday 1.30pm start

Thursday 5.10pm start

If a client arrives for an Induction and the hydrotherapist decides before or during the Induction that they require an Assessment or it is unsuitable for them to be allowed into or to continue in the hydrotherapy pool they may be unable to join in or asked to get out of the water.

The physiotherapist will then speak to them then or call them if she is not in the building.

## **ASSESSMENTS**

Monday 3.30pm or 6pm start

Tuesday 1pm start

Thursday 4.00pm start

*All clients to come 15 min. early to pay and get changed.*

No completed form or no payment – no Induction/Assessment