



HYDRILLA

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Benefits of Hydrotherapy



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What is Hydrotherapy?

Officially Hydrotherapy is defined as the treatment of physical disability, injury, or illness by immersion of all or part of the body in water to facilitate movement, promote wound healing and relieve pain. (Source: dictionary.com) Over the years Hydrilla has constructed many hydrotherapy facilities, from large clinical hydrotherapy pools in hospitals, through to smaller facilities that provide treatment options for just one client and therapist. We understand the complexity of these types of systems, which generally require higher levels of disinfection and sanitation than other commercial pools and aquatic systems.

Hydrotherapy activities can include Physiotherapy & rehabilitation services, Fitness classes & programs, Therapy Sessions and some Learn to swim classes.

Classes and programs may be tailored specifically to meet the needs of an individual patient or client or they may be designed to meet a general goal for a group of participants. What they all have in common is that the effects of warm water in the pool, spa or bath are used to assist in achieving health outcomes for the user.

The recommended water temperature for a Hydrotherapy pool is between 30-36°C, the warmth of the water aids in muscle relaxation, circulation, respiration, and pain relief.

Who can benefit from Hydrotherapy?

Many people with physical injuries and conditions will find benefit from warm water therapy. Hydrotherapy pools can be found in Aged & Disability care centres, Hospitals, Physiotherapists, and other public and private locations.

"It allows people who can't exercise on normal surfaces to be able to exercise which helps with muscle development, pain management, chronic disease management like diabetes, includes improvement in sleep. There is a wide range of benefits from Hydrotherapy".

*Gillian McGinty
Boandik - Chief Executive Officer*

Hydrotherapy can be used to treat many illnesses and conditions including
(Source: <https://www.naturaltherapypages.com.au/article/hydrotherapy>)

// Acne

// Depression & Mental Health

// Joint, Muscle & nerve problems

// Arthritis

// Headaches

// Sleep Disorders

// Colds

// Stomach problems

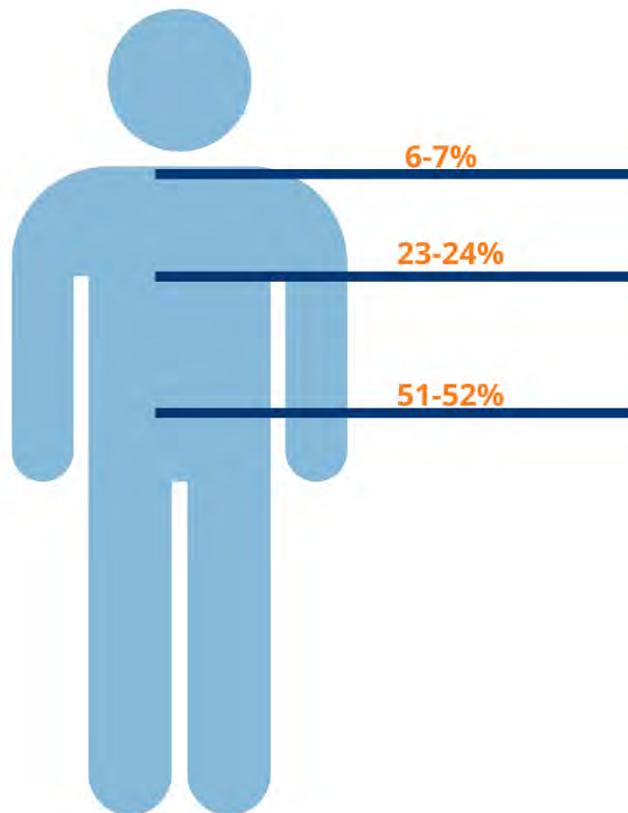


Immersion & Buoyancy

The ability of water to make us feel weightless is another factor that adds to the benefits of aquatic therapies. The deeper into a body of water a person moves the less of their weight they are bearing due to the buoyancy effects of water.

This immersion effect is one of the reasons that clinicians can give patients exercises and movement activities in water that they may not be able to achieve on land. In the graphic below we demonstrate the amount of body weight a person is carrying at different depths of immersion.

A 70kg person standing in chest-deep water may experience weight-bearing benefits to carry only approx. 17kg of their own body weight. Moveable pool floors can assist therapists and patients to vary the level of depth in a pool if the therapy is small or versatility is required in the design.



Hydrotherapy Pool Design Considerations

Given the variety of users that can gain benefit from warm water therapy and the physical limitations of some of the users, there are some factors and design elements that need to be considered when designing your new physiotherapy facility.

Access & Mobility

Some clients using the pool may not be able to enter via stairs or ladders. Where possible ramp access into the pool is generally the safest way to allow a wide range of patient's safe access to the pool, Aquatic wheelchairs and other mobility aids can be used to assist with ramp entry if required. Other options to consider as alternatives or in collaboration with ramps include lifts/hoists, movable platforms and movable floors which can allow physicians and patients safe entry into the water.

Pool Depth

The allocated space and size of the hydrotherapy pool will play a part in the considerations given to the overall depth. The Australian standards preferred depth for a Hydrotherapy pool is 1100 mm to 1300 mm. There should be no sudden drop-offs or variations in depth. For smaller pools, with a length of fewer than 5 meters, flat pools with constant depth are allowed.

Structural Finishes

Hydrotherapy facilities should be fitted and finished with safe and robust materials. Sanitation and disinfection of the pool finishes should also be considered. The following requirements should be followed:

- Floors – allow persons in the pool to maintain secure footing without slipping
- Walls – glazed or high gloss finish
- Colour – interior colour should be light to ensure maximum visibility
- Floor/Wall Junction – maximum junction radius of 25 mm
- Wall/wall junctions – maximum junction radius of 150mm
- Pool edges – salient edges shall have a nominal radius of 5mm and be marked in a strong contrasting colour. Contrasting colour strips shall be no less than 50 mm in width, with a minimum luminance contrast of 30% to the background and be non-slip. No overhang at any salient edge.

Handrails and Fittings

Handrails around the perimeter of the pool provide safety and security for bathers. For this reason, handrails should be installed along 3 sides of the pool as a minimum requirement. The Australian standard also recommends diameter, projection and clearance around handrails.

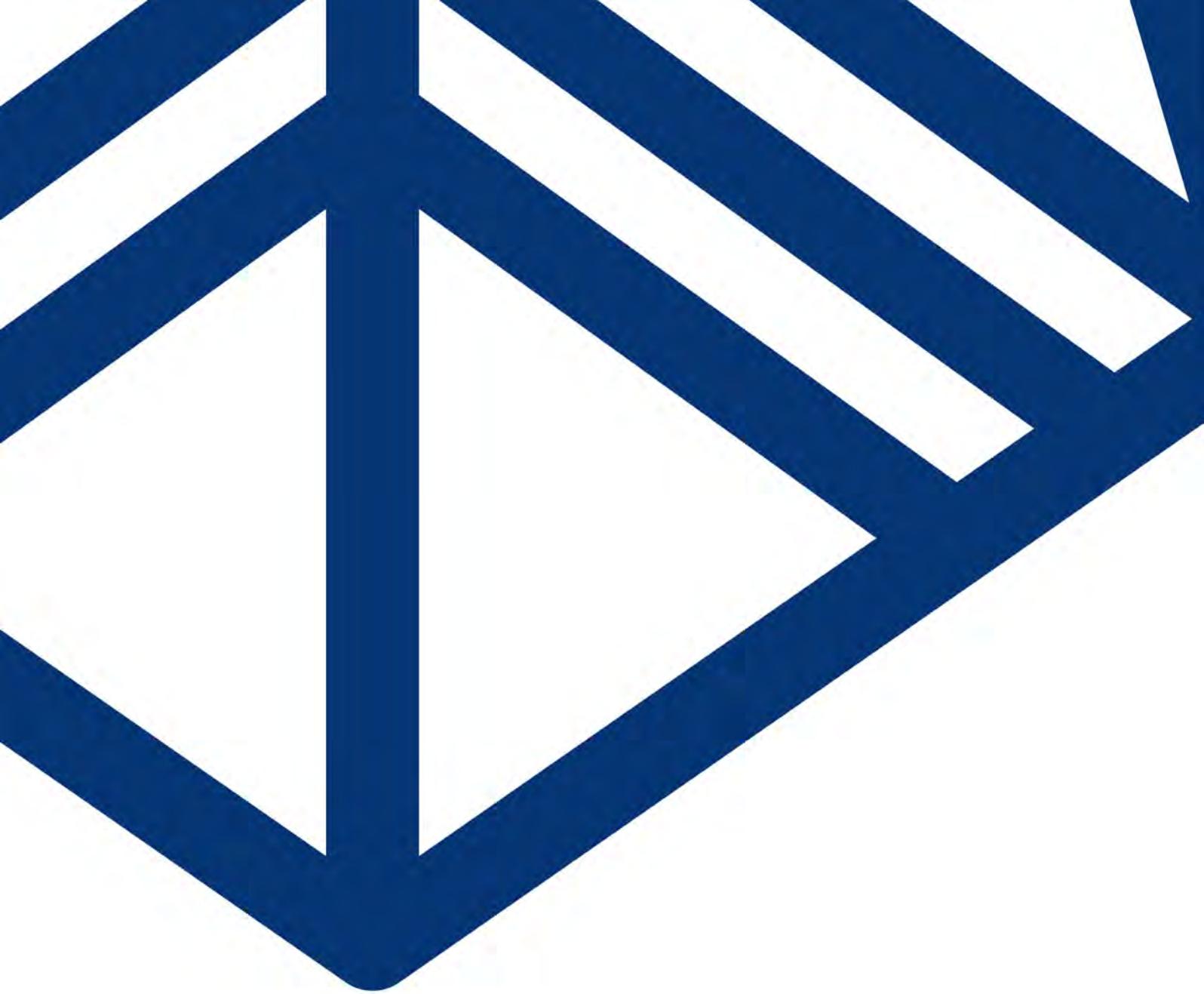
All fittings, handrails and fixtures in and around the pool area should be made of 316-grade stainless steel.

Water Circulation

There must be sufficient inlets in the hydrotherapy pool to ensure that velocity of water entering the pool is no higher than 1.8 m/s. This needs to be less in areas where the water is shallow or where patients enter the pool to avoid turbulence.

Turnover Rate

The turnover rate for the Hydrotherapy pool should be a maximum of 2 hours, preferably less.



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