

# AquaKalm

... A little bit of space for you



**A Patient Information Leaflet**

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**AquaKalm** is a very gentle relaxation session in the warm water of the hydrotherapy pool, which has been developed at Burrswood and is led by the physiotherapy team. The following may help answer some of your questions about what to expect.

So that we are aware of any areas of specific pain or relevant medical conditions, we will ask you to complete a short questionnaire prior to the session.

The AquaKalm session lasts for 30 minutes and following an explanation when you are in the water, the therapist will usually be quiet but if at any time, you are uncomfortable or not happy, you must let us know.



**Compiled by**

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Space for your thoughts...



### How to prepare:

In order to maximise the benefit of AquaKalm, it is helpful if you are not rushing before your appointment and are able to start letting go of the stress of the day. If you are coming as an outpatient, we suggest that you arrive at Burrswood in plenty of time and find somewhere to sit quietly and enjoy the tranquillity of this place.

Come prepared to be held very gently in the water, knowing that the therapist will do the work. Avoid anticipating the movements and just allow the water to support you. Everything will be gentle, peaceful and calm, enabling you to relax your mind as well as your body.

We try to ensure that all AquaKalm sessions are at a quiet time of the day but there may be some noise around, so acknowledge this and then let it go.



### **Afterwards:**

At the end of the session, you will be aware that you are no longer floating and are against a wall of the pool but you will be given time to refocus your mind, so please don't rush. Take a few deep breaths and wait until you feel ready to move or speak.

Try to plan your day so that you are able to have some time for yourself afterwards... find somewhere that you can be warm and quiet to recapture the experience.

For some people, AquaKalm may be an emotional experience and if tears are shed... that is ok. We will be sensitive to your needs and indeed the movement is often in response to what your body is telling us.



### **Remember:**

*This is a little bit of space for  
you..... Enjoy*

