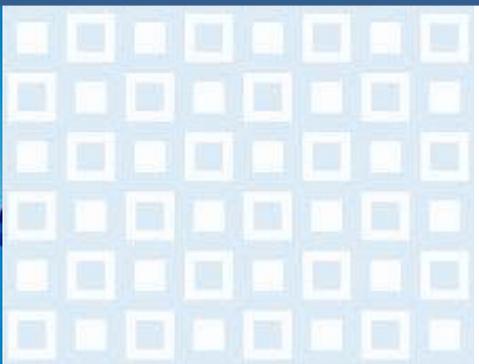




AquaKalm



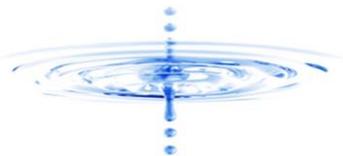
**... a little bit of space
for you**

A Patient Information Leaflet

AquaKalm is a gentle body therapy in the warm water of the hydrotherapy pool. It combines elements of massage joint mobilisation, shiatsu, muscle stretching and dance. The receiver is continuously supported while being floated, rocked and stretched. It can help to reduce tension, pain and tightness in muscles and improve sleep and immune function. 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.



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; you will be assisted to the side of the pool. 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. Make sure you drink something and have a light snack.

For some people, AquaKalm may be an emotional experience and if tears are shed... that is ok, we will be sensitive to your needs. Afterwards you may feel better both physically and emotionally.



***This is a little bit of space for
you..... Enjoy
A client said:
“Intensely relaxing leaves you
feeling restored and rebalanced”***



Compiled by

**Burrswood Physiotherapy Team
Groombridge
Tunbridge Wells
Kent
TN3 9PY**

Outpatient reception: 01892 865989

Reservations: 01892 865988



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