



Royal North Shore Hospital

Royal North Shore & Ryde Hospitals Physiotherapy Outpatient Departments

Access to the hydrotherapy pool

Entry

You can enter the building through an unlocked door that is to the left, just after the entry to the underground carpark. The carpark is under the facility and can be accessed via the driveway on Fourth Avenue. Alternately, you can buzz to be let in at the front entrance of the facility.

Where is the pool?

The hydrotherapy pool is located on level 1 of the Graythwaite Centre. You can access level 1 by the stairs or lifts in the main foyer on the ground floor.

Exit

You can exit through the main front door on the ground floor by pressing the green button to the right of the door. You cannot exit through the door that leads to the carpark as it needs swipe access to exit.

Contacts

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Hydrotherapy

The Royal North Shore Hospital Physiotherapy Department conducts 30 minute hydrotherapy sessions at the Graythwaite Rehabilitation Centre at Ryde Hospital. The length of participation in hydrotherapy will be as assessed as appropriate by the treating physiotherapist and for a **maximum of 6 weeks**.

The aim of the hydrotherapy program is to provide the participant with an individualised program that they can work towards performing independently at a local pool, or to progress to group aqua classes at a local pool.

Hydrotherapy is a form of physiotherapy treatment conducted in a heated pool. The pool is heated to approximately 32-34°C. It is an excellent way to get moving and can enhance your overall wellbeing.

Movement in water is easier than on land. It is a useful method of treatment for many conditions including back and joint pain, joint replacements, orthopaedic and rheumatological conditions.

Some of the benefits of hydrotherapy included muscle strengthening, increased joint mobility and movement, pain relief, relaxation, increased general mobility and fitness and improved balance and coordination.

How does it work?

A referral from a Medical Specialist, your GP or RNSH/ Ryde physiotherapist is required to participate in hydrotherapy.

Prior to participating in hydrotherapy you will need to have a land-based assessment with a RNSH physiotherapist to determine the suitability of hydrotherapy for you.

A medical clearance form must be filled out by your GP or referring Specialist before you can participate in hydrotherapy (this will be provided at your assessment).

FURTHER INFORMATION

- ⇒ **Bring your own swimmers and towel**
- ⇒ **Bring a bottle of water** with you to drink before, during and after the class. It is important to keep well hydrated due to the warm environment.
- ⇒ If you are diabetic bring with you a fast acting carbohydrate such as jelly beans.
- ⇒ Due to the nature of the hydrotherapy environment, sessions may need to be cancelled at short notice for the safety of pool users. We will try to contact you as soon as possible.

IMPORTANT POOL RULES

1. Wait in the hydrotherapy waiting area until given permission to enter the pool area by the hydrotherapy staff.
2. Do NOT bring valuables to the pool. There are not any lockers. Please leave personal items underneath the chairs on the pool side.
3. No spectators are allowed in the pool area. This is for privacy and safety reasons. Carers, however, are allowed in the pool area.
4. **Please inform the physiotherapist BEFORE the class if you are unwell or have recently developed medical conditions since attending hydrotherapy**, e.g. wounds, skin tears, infections, chest pain, diarrhoea.
5. You must rinse off in your swimmers under the showers before and after using the pool.
6. DO NOT use soap, shampoo or talcum powder in the change rooms/showers as they make the floor very slippery and unsafe for others. Please save proper showering for when you get home. There are limited facilities and space, with a high turn-over of patients.

7. If you do not attend 2 hydrotherapy sessions without reason and without notifying us before the session (within reason), you will be discharged from the service and not allowed to be rebooked for an assessment for 6 months.

Getting to Graythwaite Rehabilitation Centre...

Graythwaite Rehabilitation Centre is part of the Ryde Hospital Campus. The Centre is located on Fourth Avenue, Eastwood between Ryedale and Denistone Roads.

Parking:

There is a small carpark with limited parking under the Graythwaite Centre. There is limited one hour parking in the streets surrounding the building. There is also some parking in the main hospital carpark.

Public transport:

Denistone Station is the closest train station, and is an approximately 700m walk to the Graythwaite Centre.

The 515 bus from Eastwood Station takes you to Fourth Avenue near Ryedale Road, which is a very short walk away from the facility.

Call the transport infoline 131 500 or Website www.131500.com.au

Taxi Service:

There is a taxi phone located near the hydrotherapy reception desk on level 1 of the Graythwaite Centre.