

Hydrotherapy Inclusion Criteria

Thank you for your interest in Little Hiccups Hydrotherapy sessions at Armley Leisure Centre.

To ensure that we can offer the best input that we can, it's really important that we get as much information about your child prior to attending.

This will ensure that:

- Your child is suitable for hydrotherapy
- We offer the slots to the children who will realise the biggest benefits
- Your child will get the most out of their sessions

The more information that you provide, the better! Such as:

- Your child's diagnosis or medical background
- Their goals, what they are working on and what you'd like them to achieve by attending hydrotherapy
- Their experience of water including if they have attended hydrotherapy or swimming previously

Due to the sessions being so popular and oversubscribed, we have to be able to ensure we can link your child's needs to a specific physiotherapy/hydrotherapy goal.

Essential Inclusion Criteria

- A specific neurological condition that affects gross motor skills and mobility such as:
 - Cerebral palsy, acquired brain injury, spinal injury, muscular dystrophy, genetic conditions
- Delayed development in gross motor skills, which may or may not be linked to a specific diagnosis, such as:
 - Requiring help with sitting, crawling, standing, walking
- Experiencing issues such as:
 - Tight muscles, weak muscles, issues relating to posture, balance, coordination
- Experiencing joint or muscle pains
- Experiencing specific difficulties with coordination and balance; linked to on-land activities

Key Benefits of Hydrotherapy Include

- Pain Relief – the support of the water and warmth can help reduce muscle spasms & pain
- Increased Mobility – movement can be facilitated more freely in water to increase joint range and stretch muscles.
- Strengthening – the water can be used as resistance to movement to help strengthen specific muscle groups or whole-body challenging work.
- Improved Balance – balance can be challenged by using water.

What is important to acknowledge that these sessions are **not** designed to help with the below in isolation:

- Teaching swimming skills
- Developing water confidence
- Sensory integration

Whilst hydrotherapy could impact the above, all children being offered a place should be able to link their needs to some part of the essential criteria & key benefits.