

## Contra-indications/Precautions with regard to Hydrotherapy

### Absolute Contra-indications

If any of the following are present, Hydrotherapy shall not be considered.

- Acute vomiting/diarrohea (due to risk of pollution)
- Medical Instability following an acute episode i.e.:  
Within three months of:  
CVA, DVT, PE, or episode of Status Asthmaticus
- Proven Chlorine / bromine sensitivity
- Resting angina
- Shortness of breath at rest
- Uncontrolled Cardiac Failure - paroxysmal nocturnal dyspnoea
- Known Aneurism
- Unmanaged Faecal Incontinence
- > 21 stone
- Acute episode of pyrexia
- Advanced Renal Failure

### Relative contra-indications

If the following are present, Hydrotherapy may be considered subject to local variations:

- Irradiated skin, during a course of radiotherapy
- Open / infected wounds
- Poorly controlled epilepsy
- Unstable diabetes (where the patient has no warning of an impending hypoglycaemic attack)

### Precautions

If the following are present, precautions should be taken, but they do not preclude the patient entering the pool.

- Behavioural problems
- Contact lens wearer
- Controlled epilepsy
- Fear of Water
- Gross Obesity < 21 stone
- Haemophilia
- Wearing of, or presence of hearing aids or grommets
- Hypo /Hypertension
- Impaired vision, sensation, hearing
- Incontinence of urine
- Invasive tubes in situ
- Poor skin integrity
- Pregnancy if the water temperature exceeds 35°C
- Widespread MRSA
- Sexually transmitted Infections / disease e.g. HIV,AIDS, Herpes
- Tracheostomy in situ
- Early Kidney Disease
- Fungal / Viral foot lesions /infections
- Suspected chlorine / bromine sensitivity