



Triaging Algorithm for GP Referral for Aquatic Therapy and Fitness in Community Hydrotherapy Pool

A. Contra-indications for aquatic therapy	A1. No contraindications or precautions	A2. Use with precautions (e.g. medications, pregnancy, oncology, cardio-vascular conditions, etc)	A3. Absolute contraindications (e.g. wounds, skin infection, bleeding, etc)
	Unrestricted use	- GP instruction on conditions of use	- Wait till health condition improved
B. Mobility and water confidence	B1. Fully mobile and water confident	B2. Help required with pool entry and exit via steps	B3. Pool access by hoist from wheelchair or changing bed
	<ul style="list-style-type: none"> - Has to be accompanied by another adult for exclusive pool use - No assistance required for group activities or family use 	<ul style="list-style-type: none"> - One care giver pool side for water confident patients - One care giver in water for these who can use steps for pool entry but is not fully water confident 	<ul style="list-style-type: none"> - Two care giver for water confident hoisted patients - Three care givers for these who need hoist and constant support in water
C. Type of therapeutic intervention	C1. Disease modifying aquatic therapy intervention	C2. Effective symptomatic relief when land therapy is restricted)	C3. Recreational swim and exercises
	Can take part in <ul style="list-style-type: none"> - physio led group for “standard conditions” (hip and knee replacement, back and balance) - self practice group or individual sessions after receiving individual exercise card in 1to1 physio appointment 	Can take part in <ul style="list-style-type: none"> - physio led group for “standard conditions” (arthritis, MS, fibromyalgia, etc) - self practice group or individual sessions after receiving individual exercise card in 1to1 physio appointment 	Can take part in <ul style="list-style-type: none"> - Individual or family recreational swimming sessions - Swimming lessons - Aquatic fitness - Aquatic yoga