



What can hydrotherapy do for you?



Hydrotherapy is also an effective way for people of all ages to get fit and healthy and is proven to improve cardiovascular fitness, as well as strengthening and restoring muscles.

As well as its physical benefits, hydrotherapy can have a positive impact on a person's psychological well-being and is proven to promote relaxation and reduce blood pressure. It also encourages the production of endorphins, a natural stress fighter, and can help to relieve anxiety and stress.

What do I need to consider when installing a hydrotherapy pool?

A hydrotherapy pool construction requires specialist design, knowledge and experience and must be tailored to the needs of an individual. This will dictate the planning and design, the equipment required, and the water and air temperatures needed. There may also be additional access and safety requirements to be considered.

At Origin, we believe it's the smaller details that make the difference. We take time to understand how the hydrotherapy pool may help you, both now and in the future if your symptoms change.



Hydrotherapy water temperatures of 33°C to 34°C allows you to benefit from the heat of the water, from relaxing muscles and improving muscle length to reducing pain and muscle spasms. You can also enjoy water-based exercises to improve core strength, global strength, coordination and cardio vascular fitness.

Many of these benefits aren't achievable at lower water temperatures, so a hydrotherapy pool design needs advanced equipment to manage the high levels of water evaporation in the environment to stop condensation, mould or deterioration of the building. While a hydro pool is crucial for pain relief and treating major physical problems, it isn't just the water that's important. For those suffering from certain conditions, the lighting, air heating, internal building finishes and even sounds can have an impact on comfort, and these are all considerations that we take into account during the planning process.

Finally, it is important to think about the maintenance of your pool once it has been installed. Your pool is for life, and we understand the maintenance this requires. For many of our customers, we look after this final stage of the process, from routine maintenance to emergency support, winter-proofing your building, and water health checks. ■

For full details of all Origin's pools and pool houses or to ask any questions, get in touch with Origin on 01895 453996 or email info@originpools.co.uk

Water has been used as an effective natural treatment for pain and illness for thousands of years. However, many of us are still unfamiliar with the healing effects of a hydrotherapy pool and the hugely positive impact it has on our mental and physical wellbeing.

Origin, the UK's longest established swimming pool company, has helped hundreds of families to bring the healing powers of a hydrotherapy pool into the comfort of their own home, as well as installing the world-famous pool at the Stoke Mandeville Hospital in Buckinghamshire. With over 35 years' experience, the multi-award winning company answers some frequently asked questions about this life-enhancing choice.

What is hydrotherapy?

A hydro pool works by stimulating touch receptors on the skin using the motion of the water to relieve muscles. This type of physiotherapy was first discovered in 2000BC when ancient Egyptians

recognised the therapeutic benefits of bathing in warm water.

Over 4,000 years later, doctors and physiotherapists still recommend hydrotherapy as an effective treatment for a number of conditions.

What are the health benefits of hydrotherapy?

Hydrotherapy has many benefits, from treating major physical illness and injuries to improving general health and well-being.

A hydro pool can be invaluable in helping with muscular conditions such as arthritis, rheumatism, fatigue, back pain and other conditions caused by inflammation.

In addition, swimming and bathing in a hydrotherapy pool has been proven to help those suffering with long-term illnesses or those in need of pain relief. Hydro pools are often used to help physically disabled people and those with learning disabilities to exercise. It can also be used for rehabilitation by convalescent people.



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Anna's Story

Our unique understanding of hydrotherapy made us the perfect choice for Anna's mother Jan when she selected Origin to install a specially equipped hydrotherapy pool for her daughter.

Anna, who sustained a significant brain injury during birth and suffers from dystonic quadriplegic cerebral palsy, has enjoyed swimming from a young age. After trying hydrotherapy at a local swimming pool, her mother Jan realised that it could help improve her enormously, adding greatly to her strength and stamina.

After consulting physiotherapists and her swimming instructor, it was decided that Anna should have a pool of her own in order to continue her therapy and Origin was a natural choice. Plans for the pool were submitted and accepted and the building was created at the family's property alongside the family's busy lifestyle.

Today, ready access to a suitable pool continues to have a positive impact on Anna's life and she enjoys having friends and family round to enjoy the pool with her and her siblings. Although Anna will always have difficulties as a result of her disability, swimming remains a firm passion of hers and she feels stronger, fitter and more skilful in her life-changing pastime.

Anna's mother Jan summed up their experience of installing an Origin hydrotherapy pool: "Anna's regular access to a pool has greatly benefited her quality of life, and that has made it all worth it."