



Private Aquatic Physiotherapy based at:  
Teddington Hydrotherapy Pool, Teddington Pool and Fitness Centre,  
Vicarage Road, Teddington TW11 8EZ  
Email [admin@h2ophysio.co.uk](mailto:admin@h2ophysio.co.uk)  
02080997719

## **AQUATIC THERAPY REFERRAL FORM**

Client Name:

Date of Birth:

Address:

Tel. Number: (H)  
(M)

Client GP/Consultant:

Email address:

Name of Insurance Co:

Self payer Y/N

---

History of Present Condition:

Past Medical History:

Social History:

---

Drug History:

Aims of Aquatic Therapy:

- 1.
- 2.

Objective Marker e.g. ROM, functional activity

- 1.
- 2.

Subjective Marker e.g. pain score

- 1.
- 2.

## AQUATIC THERAPY HEALTH SCREEN

Name:

Date of Birth:

Date:

<b>ABSOLUTE CONTRAINDICATIONS</b>	Y/N	DETAILS
Acute vomiting or diarrhoea		
Medical instability following an acute episode e.g. CVA, DVT, Status asthmaticus		
Proven Chlorine allergy		
Uncontrolled/Resting angina		
Shortness of breath at rest		
Uncontrolled cardiac failure / paroxysmal nocturnal dyspnoea		
Neutropenia		
Open infected wound		
Weight in excess of 140kg/22 stone		
<b>RELATIVE CONTRAINDICATIONS</b>	Y/N	DETAILS
Acute systemic illness / pyrexia		
Recent radiotherapy/chemotherapy treatment (3/12)		
Known aneurysm		
Poorly controlled epilepsy		
Unstable diabetes		
<b>PRECAUTIONS</b>	Y/N	DETAILS
Fear of water		
Skin conditions/eczema/chlorine sensitivity/verruca		
Reduced vital capacity		
Incontinence of urine/faeces		
Epilepsy		
Hypotension		
Renal failure/kidney pathology		
Poor skin integrity/open wound/surgical wound		
Pregnancy (if water temp. $\geq 35^{\circ}\text{C}$ )		
Impaired hearing/vision		
Any other relevant information		

### Poolside Risk Assessment:

Are you using a walking aid? If yes, which type?	
Are you able to enter/exit the pool via the steps?	
Do you need to use a hoist for entry/exit to the pool?	
What is your weight-bearing status? FWB/PWB/NWB?	
Will you be accompanied by a carer?	
Are you a wheelchair user?	

Referring Practitioner

Name:

Tel. No.

Contact Details:

Signature:

*For office use only:*

MYMOP Score

*Pre treatment:*

*Post treatment:*