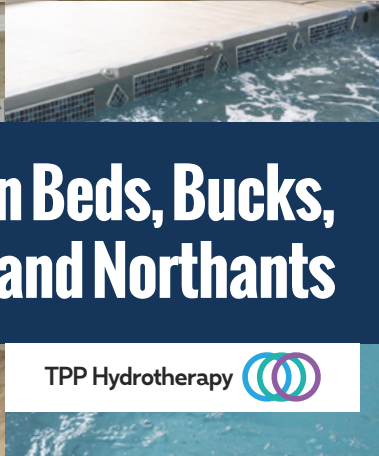


The Paddock Pool



Private Medical Hydrotherapy Facilities



**Serving patients in Beds, Bucks,
Cambs, Herts, Leics and Northants**

TPP Hydrotherapy

About



The Paddock Pool medical hydrotherapy facilities located in North Bedfordshire offer individual and group hydrotherapy treatments to patients across five counties.

The Paddock Pool has two hydrotherapy pools. The pools operate in accordance with PWTAG and ATACP guidelines. The owners are also qualified hydrotherapy pool operators.

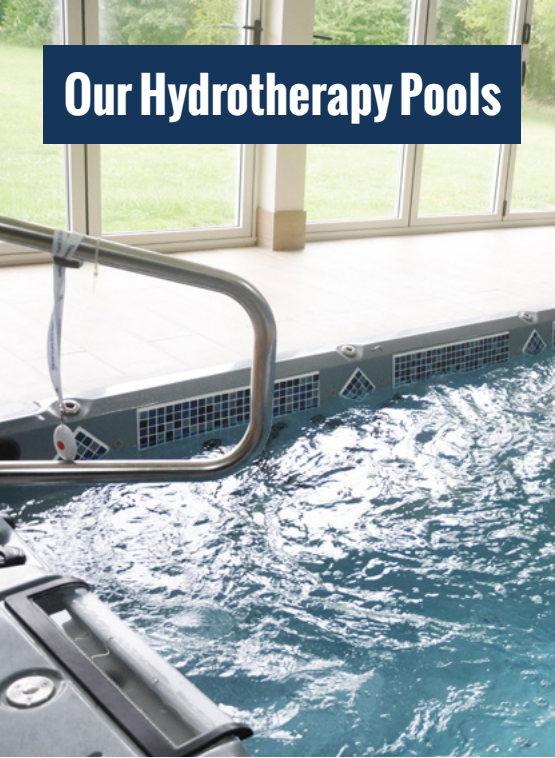
The medical hydrotherapy treatment is provided by three practitioners. They have all worked as senior physiotherapists and in the aquatic therapy teams at hospitals in the East of England. They have 50 years of combined clinical experience.

The Paddock Pool facilities are open Mondays to Thursdays from 9.30 a.m. to 5 p.m. Appointments outside these hours are by special arrangement.

We accept self- referral and case management referral patients. We also work with most leading health insurers.

We operate a waitlist for all patient enquiries and aim to see patients for their initial assessment within 4 weeks.

Our Hydrotherapy Pools



Hydrotherapy Pool facility for Individual Patients

The hydrotherapy pool is 6 x 2.5 metres with a maximum depth of 1.48 metres.

The pool has underwater massage and swimming jets; exercise bars; three depths and accessible entry steps with safety handrail. The water temperature is 35c.

The building has a separate patient consultation room and a patient changing room with toilet and shower facilities. Patients are given their own robes and towels to use during their appointment. A separate waiting room building is available for family members.

Hydrotherapy Pool Facility for Groups

The TPP Group Pool is 5 x 4 metres and is heated to 35c. It has wide steps with a double handrail for safe entry into the pool. The pool also features hand rails at water level on all sides. The pool is located in a private residential facility with separate access and lots of easy parking.

The facility has 2 separate changing rooms with shower and toilet facilities. There is also a large seating area pool-side.

TPP Hydrotherapy 

Our Practitioners



Kate Bretherick

BSc (Hons) Physiotherapy, MCSP, MHCPC, MATACP, MAFAP is a Senior Physiotherapist with 17 years' experience working across the NHS and Private Sector.

Kate holds a Masters level qualification in Aquatic Therapy and Rehabilitation and is an ATACP committee member. Kate led and trained physiotherapists in aquatic therapy for many years.



Georgia Darnell

Georgia Darnell BSc (Hons) Physiotherapy, MCSP, MHCPC, MATACP, MBLRS has 14 years' experience working in the NHS and the private sector specialising in Trauma and Orthopaedics, Musculoskeletal Therapy and Aquatic Therapy.

Georgia worked at Cambridge University Hospital and was a member of their aquatic therapy team. She has completed the (ATACP) Accredited Foundation Programme qualification.



Louise Young

BSc (Hons) Physiotherapy, MCSP, MHCPC, MPOGP, MAPPI has worked within the NHS and private sectors for 19 years.

Louise has held various senior positions, working closely with Kate Bretherick at Bedford Hospital.

How We Work

Initial Assessment - All patients have to undertake an initial assessment. A detailed pre-assessment form is completed prior to the appointment. The initial assessment is a one-hour appointment and includes time in the hydrotherapy pool.

Individual Hydrotherapy - All individual hydrotherapy follow-up appointments are one hour. Patients can choose between single appointments or a programme of five hydrotherapy sessions at a time.

Group Hydrotherapy - We offer group hydrotherapy sessions for three patients of the same sex. The sessions are for one hour and take place in our group hydrotherapy pool with one of our practitioners.

Private Hire - Patients are able to continue their rehabilitation treatment as a private hire patient. The patients follow a personal exercise plan recommended by our practitioner. The patient is supervised by a qualified spotter.



Enquiries



The Paddock Pool
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Whitwick Green Road
Thurleigh
Bedfordshire
MK44 2DE



help@thepaddockpool.co.uk



thepaddockpool.co.uk



01234 771695 / 07909 844236

Prices

Please contact us for our individual and group hydrotherapy price lists.

All appointments are one hour.

