

## WARM WATER THERAPY

### RELIEF FOR MUSCULOSKELETAL CONDITIONS AND BACK PAIN

The warmth and buoyancy of warm water makes exercising easier, more effective and less painful as there is less stress and strain on joints and no worries about falling over. Muscle strength is built up and balance and fitness improved, helping you to lead a more confident active life, and in many cases reduce your reliance on medication. The pools offer opportunities to enjoy exercise with others with similar capabilities.

Backcare volunteers co-ordinate two evening sessions a week

Braidburn School on Wednesdays 4.30-6pm  
Oaklands School on Wednesdays 4.30-6pm

Warm water temperature of 34°–35°

A physiotherapist and Lifeguard is present at every session



Braidburn pool



Oaklands pool

Check our website [www.backcarelothian.org.uk](http://www.backcarelothian.org.uk) to find out more about the locations of the pools, and costs.

Complete the contact form if you wish to apply.

Or phone Jean Houston on 0131 441 3611

Want to help? We are looking for volunteers  
Apply via the contact form on our website