

HYDROTHERAPY



North Road & Bluff Road
PHYSIOTHERAPY



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WHAT IS HYDROTHERAPY?

Hydrotherapy is water-based exercise in a heated pool, for rehabilitation of injuries and body aches, and improvement of general mobility and fitness. It helps by providing buoyancy to lower the weight on the body as you exercise. The warm temperature of the water also helps to improve circulation and relax the body.

WHO MAY BENEFIT

Types of populations and conditions that generally benefit from hydrotherapy include:

- Arthritis
- Soft Tissue Injury
- Chronic Aches and Pains
- Pre and post surgical rehabilitation
- Ante and Post-Natal Care

Those that have too much pain with land-based exercise

HOW TO GET STARTED

Simply go online or speak to our reception staff to book a hydrotherapy assessment consultation. In this appointment, the treating physiotherapist will discuss your current history, goals and levels of activity, and create a tailored hydrotherapy program. Hydrotherapy sessions will be supervised by a physiotherapist at a select location, for you to complete your program. To find out further information on class timetables, membership options and prices, please refer to our website.

CONTACT US



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