

3 Murray Street

GAWLER

(08) 8522 6611



48 Altona Road

LYNDOCH

(08) 8522 6611

Hydrotherapy at Physio-Wise

Hydrotherapy is an exercise regime whereby therapeutic exercises are conducted in the water, and can be very effective in the management of many conditions and pain issues. Water provides an almost weightless environment where you can work at a similar intensity to land-based exercise, but often for longer durations and without the discomfort or post-exercise soreness which often follows from land-based programs.

Performing exercises in the water can assist in relieving pain, increasing joint range of movement, strengthening muscles, developing balance and coordination, promoting relaxation and improving cardiovascular fitness.

It is important to note that you do not need to be able to swim in order to benefit from hydrotherapy. Hydrotherapy may be used alone or in conjunction with other rehabilitation programs and is often a stepping stone for you to progress onto gym or land based exercise programs.

Sessions

Currently our hydrotherapy sessions are undertaken at the STARplex Swim Centre at Evanston Park on **Mondays and Thursdays from 1:30pm – 2.15pm**. We are fortunate to have an area designated solely for those involved in the hydrotherapy program, which enables you to concentrate on your rehabilitation without interruption from other programs.

In conjunction with the regulations of the STARplex facility, it is important that you do not enter the pool prior to the scheduled opening time, as there are no lifeguards to monitor the pool before 1:30pm. It is also asked that appropriate bathing attire be worn in order to maintain a high level of water quality.

When attending your initial hydrotherapy session, it is asked that you wait on the seats available by the side of the pool until our physiotherapist arrives. It is important prior to undertaking your hydrotherapy program that a thorough warm up is performed in the pool to prevent further injury and ensure optimum benefit from your exercises. Our physiotherapist will design a program catering for your specific injury, and continually monitor and progress your program as required over your future sessions.

How We Handle Hydrotherapy

With regards to payment for the hydrotherapy classes, Physio-Wise include the STARplex pool fees into our billing fee, so please advise the reception staff at the STARplex facility that you will be partaking in hydrotherapy with Physio-Wise, and walk through to the pool.

In order to have your hydrotherapy records on hand at each hydrotherapy session it is asked that you book in each hydrotherapy class you wish to attend. This can be done on-line or by ringing the Gawler Physio-Wise clinic on 8522 6611, or alternatively, scheduling your hydrotherapy sessions when attending the clinic.