Water provides an almost weightless environment where patients can work at a similar intensity to land-based exercise

Phone us on 8522 6611
OR
Email admin@physio-wise.com.au

Website
www.physio-wise.com.au

CLASS TIMETABLE

MONDAY: 1:30pm
WEDNESDAY: 1:30pm
FRIDAY: 1:30pm*
***Subject to change**

WHERE ARE CLASSES HELD?

Classes are held at Starplex Swim Centre
18-20 Alexander Avenue
Evanston Park 5116

PHYSIO-WISE
Be Well...Stay Well

HYDROTHERAPY CLASSES

WITH PHYSIO-WISE

ABOUT HYDROTHERAPY

Hydrotherapy is an exercise regime where therapeutic exercises are conducted in water, and can be very effective in the management of many conditions and pain issues.
Water provides an almost weightless environment where patients can work at a similar intensity to land-based exercise, but often for a longer duration and without the discomfort of post-exercise soreness which often follows from land-based programs.
It is important to note that patients do not need to be able to swim to benefit from hydrotherapy.

BENEFITS OF HYDROTHERAPY

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. Hydrotherapy may be used alone or in conjunction with other rehabilitation programs and is often a stepping stone for patients to progress into land-based exercise programs.

INDIVIDUAL PROGRAMS

The supervising physio will design an individual program catering for your specific injury and continually monitor and progress your program as required over your future sessions.

WHAT TO EXPECT

When arriving at STARplex please inform the receptionist that you are here for hydrotherapy with Physio-Wise. You do not need to pay an entry fee as this is incorporated into the fees we charge. When attending your initial hydrotherapy session we ask that you wait for the physio to arrive before entering the pool.

PAYMENT

We will bill you for the hydrotherapy class and for entry into the pool. Please do not pay Starplex for entry. Payment can be made at our Gawler clinic. If possible please come into the clinic on the day of your hydro session.

Private health rebates available