

What to bring

- Bring bathers and a towel (wear your bathers underneath your clothes so it is easier to get changed for the pool session)
- Water bottle for refreshment

Your first appointment will include an on land assessment of your physical mobility, identify any weaknesses and identify your goals of hydrotherapy. The physiotherapist will cover any contraindications and precautions and explain how our pool operates. They will guide you to the change room and pool area where you will begin your first aquatic physiotherapy session.

Session Structure

Aquatic Physiotherapy Session

During this session the physiotherapist will conduct you through your program. This involves showing you exercises, teaching you how to use the pool exercise equipment and utilizing physiotherapy techniques whilst you are in the water.

Self Directed Hydrotherapy

During this session a therapist will be supervising you doing your program and using the pool exercise equipment. It is expected that you will have adequate knowledge and pool skills to be able to be self directed in your program.

Health Rebates are available for pool sessions for private patients. You do not need a referral.

DVA, Workcover and Third Party are covered by their insurance and need a referral by their local G.P.



237 Logueville Road, corner of River Road, Lane Cove

Location

Lane Cove

The hydrotherapy pool is conveniently located in our physiotherapy centre. It is on the corner of Longueville Road and River Road West, 237 Longueville Road. There is easy off street parking and a council car park opposite the centre on Longueville Road.

Less abled patients are able to use the driveway at the Centre.

For an appointment or advice please contact our friendly staff on the details below

237 Longueville Road, Lane Cove NSW 2066
Telephone: 02 9428 5772 Facsimile: 02 9418 9379
Email: info@lanecovephysio.com.au
www.lanecovephysio.com.au

Hydrotherapy

How it helps you

Aquatic Physiotherapy on the Lower North Shore



sports injury • hydrotherapy • spinal
orthopaedic rehabilitation • massage therapy



Aquatic Physiotherapy is a patient specific, water based exercise program designed by a physiotherapist to assist in your rehabilitation. The pool sessions use a variety of buoyancy devices such as floats and paddles in the warmth of our hydrotherapy pool. The program is designed to suit your individual needs.

Hydrotherapy is suitable for:

- Orthopaedic rehabilitation
- Joint replacement surgery
- Arthritic conditions (rheumatoid arthritis, osteoarthritis, ankylosing spondylitis)
- Back and neck pain
- Weight loss/obesity
- Chronic pain sufferers
- Sports injuries
- Cardiac rehabilitation
- Aerobic fitness
- Elderly patients with decreased mobility

Benefits of hydrotherapy include:

- Supportive environment in which to exercise
- Resistance of water to help build up strength
- Warm water reduces muscle pain, spasm and joint stiffness
- Buoyancy of water reduces pressure on joints
- Reduced fear of falling
- Greater improvements in function
- Significant changes in balance and coordination
- Enhancements in quality of life
- Exercise in a relaxed and fun atmosphere

About the Pool

The water in the pool is warm and heated to a comfortable and functional 34°C. The pool has a shallow end starting at 1m with a gradual increase in depth to 1.3m. It also has a smaller deep section of 1.6m. There are grab hand rails along the sides of the pool. It is essentially a chemical free pool using a bioniser filtration system to ensure a pleasant experience without a chlorine smell.

Tailored Programs

Each person is individually assessed and managed. A program is specifically designed for your needs and efficient achievement of recovery targets. This is the fastest and best way for you to achieve your active lifestyle.

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