

What is Hydrotherapy:

The Hydrotherapy program run by the BCHS aims to introduce older adults to this effective form of exercise and rehabilitation in a heated and safe aquatic environment.

It involves a six week program (one session per week) held at:

WaterMarc
1 Flintoff St, Greensborough
on Mondays at 1.30pm.



The sessions aim to give you an introduction to Hydrotherapy. This will provide you with the confidence and skills to continue this effective form of exercise at your local pool independently or as part of a water exercise group.

How To begin:

Contact your local Banyule Community Health Centre.

- 3/25-33 Grimshaw Street,
Greensborough

-Call 9450 2000 and request
Service Access.

Hydrotherapy assessment:

Before starting the program you will be assessed by the physiotherapist to determine your suitability and current function.

You may be required to get a medical clearance from your GP before starting the class if you have medical issues such as high blood pressure.



What is involved:

Classes are run by a qualified physiotherapist who supervises from within the pool.

The session goes for 45 minutes and cost is \$10 or \$5 for WaterMarc members.

The class involves a warm up, gentle exercises and stretches aiming to improve strength and flexibility in all major muscle groups.

Exercises can be modified to take into account your own personal needs.

Tips:

-Arrive 10 minutes early so you have time to change

-Bring appropriate footwear to wear poolside

-Bring a bottle of water

-If you are feeling unwell it is advised that you don't attend hydrotherapy, simply call your physiotherapist and leave them a message.

Who Can Benefit:

Those with:

- arthritis
- chronic back or neck pain
- other musculoskeletal conditions
- poor mobility
- decreased general fitness

or simply anyone who is interested in improving their overall strength, fitness and general health.

What makes exercise in water so great:

*Immersion in water reduces the impact of body weight through your joints, therefore putting significantly less stress on your joints, bones and muscles.

*Water heated to 34^o, increases blood flow to muscles and joints.

*Buoyancy and the flow of water provide a gentle resistance to movement improving strength and flexibility.

BANYULE COMMUNITY HEALTH SERVICE

3/25-33 Grimshaw Street,
Greensborough

9433 5111



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

Hydrotherapy



BANYULE
Community Health

Safe and Gentle
exercise within a
heated aquatic
environment

