

# HYDROTHERAPY

Hydrotherapy is a water based exercise program. It is designed to improve a person's strength, endurance, co-ordination, balance and range of movement.

Hydrotherapy is useful in the treatment of various conditions including: arthritis, muscle, bone and joint injuries, back and neck injuries and stroke

Due to demand, participants can attend 2 terms. At the completion of the 2 terms, participants have the choice to continue the exercises independently, join the self management group that runs from 11.15-12pm (ex Banyule hydro group members) or join another water based class

**TIME:** WEDNESDAYS 10.30am - 11.15am

**COST:** \$2.90 (includes a spa)

**LOCATION :** Olympic Leisure Centre  
15 Alamein Road  
West Heidelberg, 3081

**WHAT TO BRING:** Towel, Bathers, safe shoes to wear poolside, water to drink

**REMEMBER:** Do not come if you are feeling unwell, or have open wounds  
Drink plenty of water after the class

If you cannot attend, please ring 9450 2025 and leave a message for the physiotherapist. If you miss 3 sessions in a row, without notification, it is assumed you will not be returning to the group.

Thanks,

Marita

Physiotherapist

