



the
physio
clinic

'for all things physio'

HYDROTHERAPY

Goodlife Health Club (Royal Park)



Felicity Bitter

You have been recommended to attend Hydrotherapy to assist you in your recovery. These sessions are supervised by our trained Aquatic Physiotherapists who will guide you through a program as directed by your treating Physiotherapist.

Hydrotherapy sessions are 30-45 minutes in duration. The indoor pool is heated and is waist deep so non-swimmers can participate. Hydrotherapy is an ideal way to strengthen your muscles and joints safely. It is a great way to recover faster after surgery, relieve joint pain, and treat injuries.

Please read the following information to assist you in preparing for these treatment sessions and to ensure your safety whilst in the pool area.

It is advisable to take adequate pain relief prior to attending, so that you have optimal comfort for your treatment session.

What to bring:

- Your bathers, towel & toiletries
- Any medication that you use on an 'as needs basis' which will be kept poolside (for example for angina or asthma, including inhalers)
- A bottle of drinking water – the pool area is relatively humid
- Reading glasses (if required)

When you arrive:

- When you enter the gym, please sign in at reception as a Physio client for hydrotherapy.
- Toilets, showers and a changing room are available for use in the pool area
- In order to adhere to Goodlife's safety guidelines, children are **NOT permitted** within the pool area and must be **fully supervised at all times**.
- Prior to entering the pool you will be required to have a brief rinsing shower. Please note that toiletry products can affect the pool chemistry.
- Please wait for your Aquatic Physiotherapist to instruct you to enter the pool

Your session

- Your Aquatic Physiotherapist will provide you with poolside written exercises which will be supervised and progressed as appropriate and in conjunction with the advice of your treating Physiotherapist
- You are encouraged to sip water during the session

After your session

- It is important to rinse the pool water off after your session, however please consider other patients and limit your time using the shower cubicle
- Talcum powder is not to be used in the pool area as it can make the floor slippery

Please Note:

- It is not unusual to feel tired or feel the muscles you have just worked in the hours following your Aquatic Physiotherapy session.
- Ensure you drink water following the session to keep you hydrated
- If there is any change in your condition or you develop an acute illness, a temperature or skin rash, please notify your Physiotherapist.
- If you have experienced diarrhoea or gastroenteritis recently, you should not enter the swimming pool until 14 days after the symptoms have settled.
- If you require assistance with showering or dressing, please arrange for a family member or friend to come with you.

HYDROTHERAPY CLASS TIMES (45mins)

Day	Time
Wednesday	2:30pm

Bookings are essential as classes are limited to only 4-5 participants to allow greater physio supervision.

Class Cost: (Hydrotherapy classes are claimable with private health insurance extras)

- \$26 per class
- 10 visit pass (pay for 9 and get 10th class free)- \$234
- The 10 visit pass must be used within 3 months of purchase

There will be a subsidised entry fee for each session in the pool which is paid at the time of the visit to the gym. These are fees set by Goodlife Health Club, and they have provided clients of The Physio Clinic with a reduced rate:

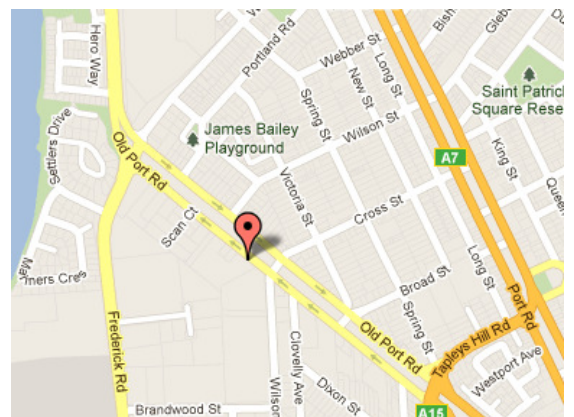
- Casual Rate- \$14.40
- Alternatively a reduced 3 month membership is offered to all clients of The Physio Clinic and may prove more cost effective if you are undertaking long term rehabilitation. Talk to your treating physiotherapist if you think this may be an option and they can arrange this.

If you have any queries or concerns please contact us at The Physio Clinic on **8342 1233**.

If you are not able to attend your Hydrotherapy session please phone the clinic and leave a message if the phone is unattended.

Where is Hydrotherapy held?

Goodlife Health Club
1202 Old Port Road, Royal Park SA 5014



Directions- Enter from Old Port Road. Free Car parking is available out the front.