



Hydrotherapy

Hydrotherapy refers to a water based exercise programme, designed by exercise physiologists and physiotherapists to specifically suit an individual's needs. It has a particular focus on rehabilitation and has proven to be very beneficial for:

- Acute pain – wry neck, lumbar back injury, ankle sprains, shoulder strains
- Chronic pain – osteoarthritis, lumbar disc bulge, fibromyalgia
- Overweight
- Post-operative conditions – shoulder/knee surgery, hip/knee replacements, back surgery
- Hip stability and mobility
- General prevention of injuries

Water

The regenerating and therapeutic qualities of water have been well researched. In Australia, more and more people are now realising the benefits of Hydrotherapy.

Warm Water provides the perfect medium to ease away aches and pains due to stiff joints and sore muscles.

The **buoyancy** of the water eliminates the effects of gravity, enabling a much greater variety of exercises and movements which may not be possible on land.

The addition of floats and paddles can increase the **resistance** of the exercises, enabling the progression of the exercise programme.



Why choose Capital Hydrotherapy?

Each pool has variable depth, stepped entries, non-slip tiles, safety ledges and hand rails, which makes Capital Hydrotherapy an excellent and safe facility for Hydrotherapy sessions.

The computerised and fully-automated water treatment and filtration systems exceed Health Department requirements and utilise the latest technology to provide clear, clean and warm water.

All hydrotherapy classes have exclusive usage of the facilities, providing clients with privacy both in the water and in the individual change cubicles.

Capital Hydrotherapy has 3-month insurance packages for group hydrotherapy with initial and final assessments and reports.

- For further information regarding prices, session times and bookings please visit www.capitalhydrotherapy.com.au

Capital Hydrotherapy Clinic
8/2 King Street, Deakin ACT 2600

Capital Hydrotherapy at Kings
Majura Park 29 Catalina Drive,
Majura Park ACT 2609

Capital Hydrotherapy at Kings Deakin
Unit 17E, 2 King Street, Deakin ACT 2600



Ph/Fax: 02 6156 2223



Precautions

Hydrotherapy is a safe and effective form of exercise but it is advisable to check with your General Practitioner to ensure that you are fit to attend.