



HYDRO THERAPY



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:



Post-operative conditions



Acute pain



Chronic pain



Heart Conditioning



Systemic viral conditions

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.

OUR VISION: *"to create an active strong community".*

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.

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

Can an Exercise Physiologist help me?

An individually tailored exercise program is the key to successful rehabilitation or prevention of injuries. The main outcome of the Initial Assessment is to create a specific goal-focused exercise program, and so you know what to expect every step of the way.



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



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

CAPITAL HYDROTHERAPY COOK
OPENING SOON!