

Information Sheet

Hydrotherapy

Hydrotherapy is a form of physiotherapy treatment conducted in a heated pool.

Supervised by physiotherapists with special training, clients perform individually tailored exercises to help them regain or enhance their physical wellbeing.

Movement in water is easier than on land. The effects of turbulence and buoyancy, combined with warm water, can help reduce pain and muscle spasms.

Hydrotherapy will be conducted in a group setting with individual supervision provided.

Clients are individually assessed by a physiotherapist at Carrington Health before entering into the program.

Hydrotherapy can

- Strengthen muscles
- Mobilise joints
- Relieve pain
- Promote relaxation
- Improved general fitness
- Improve balance and coordination

Hydrotherapy benefits

Hydrotherapy is usually one component of an overall treatment program. It's been shown to benefit—

- Arthritic problems
- Back and neck pain
- Musculoskeletal problems
- Sports injury
- Neurological conditions
- Recovery from orthopaedic surgery



To make an enquiry call:

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