

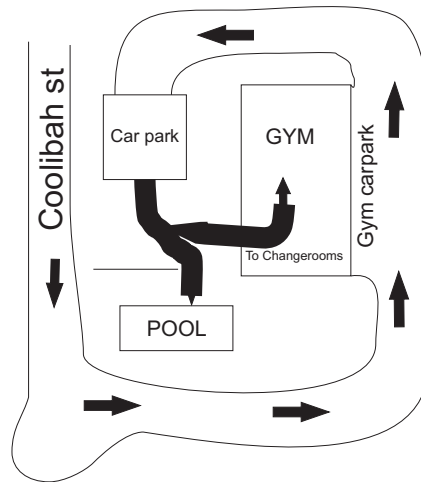
Aquatic Physiotherapy can help with these conditions

- * Muscle and joint injuries
- * Post operative recovery
- * Sporting injuries
- * Back pain and sciatica
- * Osteoporosis
- * Arthritis
- * Improving fitness
- * Ante and post natal exercise
- * Long term disability

Precautions

- * High or low blood pressure
- * Cardiac disease
- * Fainting or dizziness
- * Poor circulation
- * Respiratory disease
- * Epilepsy/fitting
- * Poor bowel or bladder control
- * Pregnancy
- * Open wounds and skin rashes
- * Chemical sensitivity
- * Hearing or visual impairment

Goodlife Health Club
Coolibah St
Bardon 4065



Not to scale
Changerooms lower level of gym

Bardon Physiotherapy Centre

For Appointments
Ph: 33697950

Bardon
Physiotherapy
Centre

AQUATIC
PHYSIOTHERAPY
CLASSES

Goodlife Health Club
Coolibah St
Bardon 4065

Tues: 10am
Wed 6pm

For Appointments
Ph: 33697950

What is Aquatic Physiotherapy?

Aquatic Physiotherapy is a treatment modality which utilizes the properties of water to improve muscle and joint function. Treatment is provided in a heated pool via individually designed exercise programs or “hands on” physiotherapy techniques similar to land.

Benefits of Aquatic Physiotherapy

- * Reduced pain and muscle spasm
- * Decreased swelling and improved circulation
- * Increased range of motion and flexibility
- * Decreased weight bearing forces
- * Improved co-ordination and movement
- * Reduced fear of falling
- * Improved postural control
- * Improved fitness and endurance
- * Relaxation

What to expect...

Classes consist of a warm up, specific exercises for strength, mobility, posture, balance etc followed by a warm down.

The Physiotherapist is in the water with you to ensure correct performance of the exercises

Classes are usually with people of similar needs to your own

Prices.

\$ 15 casual visit

\$12 if you pay for 5 visits

Treatment sessions will still continue in wet weather but not thunderstorms. The pool is covered for your protection from the elements.

What to bring

- * **Swimming costume or t-shirt & shorts**
- * **Towel**
- * **Sunscreen or sunsuit**
- * **Water bottle**

Our Venue

The pool at Bardon Goodlife Health Club is a 15metre pool heated to 31 C. Most of the pool is undercover, particularly our treatment area. It’s “resort” styling adds to the atmosphere of your aquatic physiotherapy experience.

Change rooms with showers are available for your use inside the gym.

Cancellations

Please contact Bardon Physiotherapy Centre as soon as possible if you cannot attend your treatment session.

Your appointment will be confirmed prior to your appointment.