

INFORMATION HANDOUT
**BENEFITS OF
HYDROTHERAPY**

FAQ

Benefits of hydrotherapy

Hydrotherapy, also known as aquatic therapy, is a form of therapy that involves exercising in water. Here are some of the benefits of hydrotherapy:

1. **Low impact:** Water provides buoyancy and support, which can reduce the impact on joints and muscles, making it an ideal form of exercise for people with joint pain or arthritis.
2. **Increased range of motion:** Water resistance can provide a gentle resistance to movements, which can help increase range of motion and flexibility.
3. **Improved strength and endurance:** Water provides resistance, which can help improve overall strength and endurance.
4. **Reduced pain and inflammation:** Warm water can help improve circulation, reduce muscle spasms, and decrease pain and inflammation.
5. **Improved balance and coordination:** The buoyancy of water can help improve balance and coordination, reducing the risk of falls and injuries.
6. **Improved cardiovascular health:** Hydrotherapy exercises can improve cardiovascular health, including heart and lung function.
7. **Relaxation and stress reduction:** The warm water and gentle movements of hydrotherapy can promote relaxation, reduce stress, and improve overall mental wellbeing.
8. **Improved swelling:** The hydrostatic pressure of water causes a force on the body when submerged in water which can be helpful in reducing swelling.

Hydrotherapy can be beneficial for a range of conditions, including arthritis, fibromyalgia, lymphoedema, back pain, and neurological conditions such as stroke and multiple sclerosis. It is a safe and effective form of exercise that can be tailored to individual needs and abilities.

Is hydrotherapy suitable for all ages?

Hydrotherapy can be suitable for people of all ages, from children to older adults. However, it is important to consider individual health and safety factors when determining whether hydrotherapy is appropriate for someone.

Children and adolescents can benefit from hydrotherapy for a range of conditions, including cerebral palsy, developmental delays, and injuries. The low-impact nature of hydrotherapy can be particularly beneficial for children and adolescents with joint pain or arthritis. These sessions are usually run as individual sessions with paediatric physiotherapists. This is not a service we provide at Total Physiocare.

Adults of all ages can benefit from hydrotherapy for a range of conditions, including arthritis, fibromyalgia, back pain, and neurological conditions such as stroke and multiple sclerosis. However, it is important to ensure that the water temperature, depth, and duration of the session are appropriate for individual health and safety needs.

Older adults can also benefit from hydrotherapy, as it can help improve balance, reduce the risk of falls, and improve overall mobility. However, it is important to consider any existing health conditions or mobility issues when determining the suitability of hydrotherapy for an older adult.

Overall, hydrotherapy can be a safe and effective form of exercise for people of all ages. However, it is important to consult with a healthcare professional before starting a hydrotherapy program, particularly if you have any pre-existing health conditions or concerns.

Who benefits the most from hydrotherapy?

Hydrotherapy can benefit a wide range of people with varying conditions and needs. However, some groups may benefit more from hydrotherapy than others. Here are some examples:

1. **People with joint pain or arthritis:** Hydrotherapy can be beneficial for people with joint pain or arthritis, as the buoyancy of water can reduce the impact on joints, while the warmth and pressure of the water can help reduce inflammation and pain.
2. **People with neurological conditions:** Hydrotherapy can benefit people with neurological conditions such as multiple sclerosis, stroke, or Parkinson's disease. The buoyancy and resistance of the water can help improve muscle strength and coordination, while the warmth of the water can help reduce muscle spasms and promote relaxation.
3. **People recovering from injuries:** Hydrotherapy can be beneficial for people recovering from injuries, as the buoyancy and low-impact nature of water can help reduce pain and inflammation, while also providing a safe and supportive environment for exercise.
4. **Older adults:** Hydrotherapy can benefit older adults, as it can help improve balance, reduce the risk of falls, and improve overall mobility, particularly for those with joint pain or arthritis.

Is hydrotherapy good for core strengthening?

Hydrotherapy can be a fantastic way to improve core strength. The resistance and buoyancy of water can provide a unique and challenging environment for core strengthening exercises. Here are some ways that hydrotherapy can help improve core strength:

1. **Resistance training:** The resistance of water can provide a challenging workout for core muscles, helping to improve strength and endurance. Exercises such as leg lifts, scissor kicks, and bicycle kicks can be performed in water to target the core muscles.
2. **Balance training:** The buoyancy of water can help improve balance and stability, which are essential for core strength. Exercises such as standing on one leg, walking, or jogging in place, or using balance boards or noodles can help improve balance and core strength.
3. **Dynamic movements:** Hydrotherapy allows for a greater range of motion and flexibility than land-based exercises, which can help improve core strength through dynamic movements. Exercises such as twisting, reaching, and stretching can all help improve core strength.
4. **Low-impact training:** Hydrotherapy is a low-impact form of exercise, which can be beneficial for people with joint pain or other conditions that make land-based exercise challenging. The low-impact nature of hydrotherapy can also help reduce the risk of injury while still providing a challenging workout for the core muscles.

When is hydrotherapy not suitable?

Hydrotherapy is a safe form of exercise. However, there are a couple of instances when Hydrotherapy may not be suitable.

1. **Open Wounds:** Due to risk of infection, you should not enter the pool if you have any open wounds.
2. **Faecal Incontinence:** Clients who suffer with faecal incontinence are not appropriate for hydrotherapy
3. **Access:** Clients who need assistance entering the pool and getting changed, would need to bring a carer to the pool as our team are unable to provide this service.

Our Hydrotherapy Sessions:

To join our hydrotherapy classes, you will need to book in a one-on-one appointment with our physio both in the clinic and at the pool so they can guide you through the exercises and proper techniques to best achieve your wellness goals.

Call now to book in your session.

Total Physiocare Reservoir | 2 Orrong Ave, Reservoir, 3073 | 9469 3157

Hydrotherapy sessions run out of the Reservoir Leisure Centre at 2A Cuthbert St, Reservoir
All bookings and payments made through the Total Physiocare Clinic.

Total Physiocare Footscray | Suite 8, 30 Eleanor St, Footscray, 3011 | 8393 5274

Hydrotherapy sessions run out of the Maribyrnong Aquatic Centre, 1 Aquatic Dr, Maribyrnong.
All bookings and payments made through the Total Physiocare Clinic.

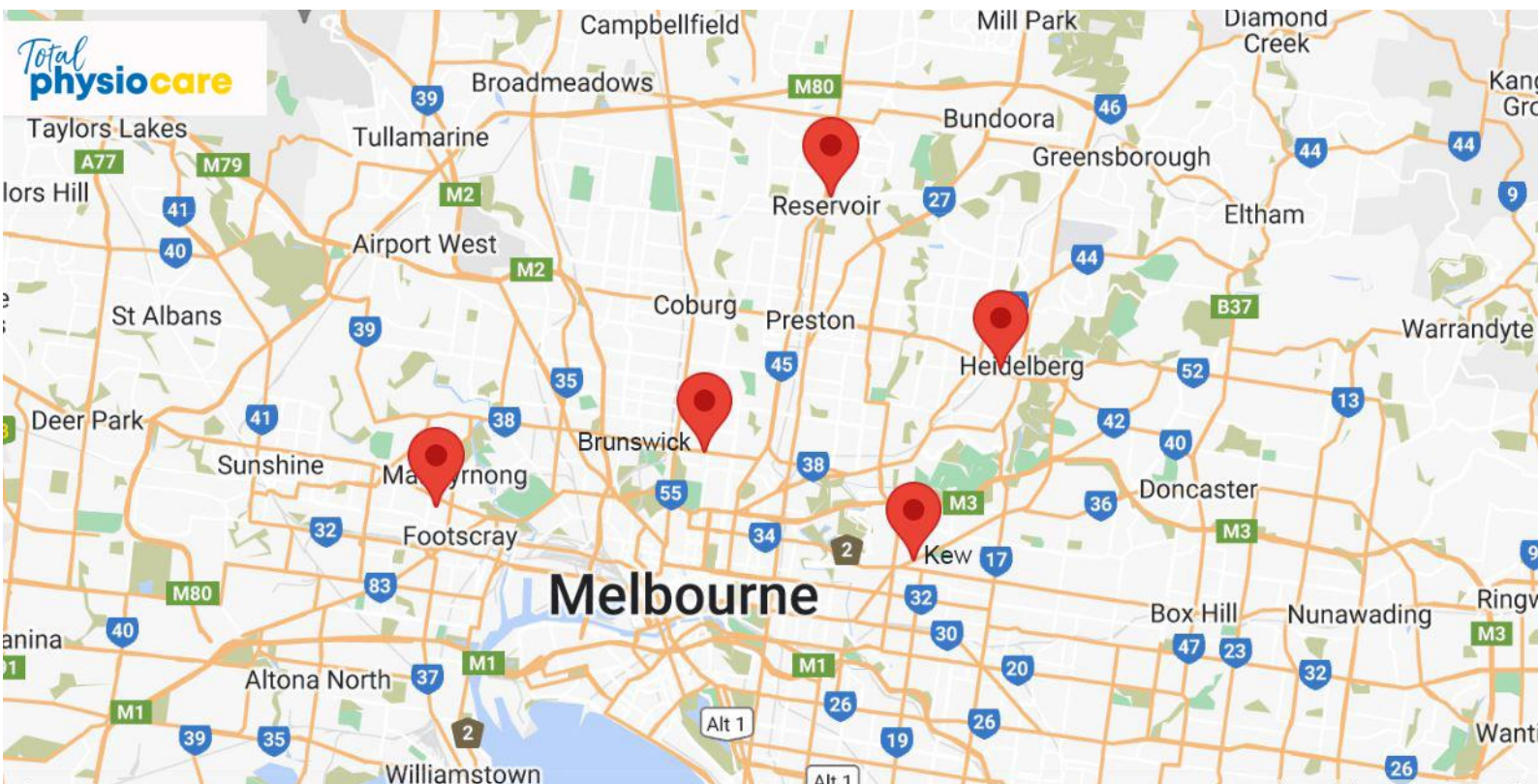
Total Physiocare runs many services across our 5 locations across Melbourne.

Call us or check out our website to learn more!

ONLINE BOOKINGS ALSO AVAILABLE

Reservoir		Heidelberg		Kew		Brunswick		Footscray
94693157		9457 7474		9882 3291		83935288		8393 5274

www.totalphysiocare.com.au



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