



Aquatic Physiotherapy

What is Aquatic Physiotherapy?

Aquatic Physiotherapy is a specific form of exercise therapy, conducted in a purpose-designed pool, which will combine physiotherapy treatment techniques with immersion in water. It involves much more than just swimming or general exercise. It differs from exercise on land by utilising the properties of water to help achieve your specific goals.

Each Aquatic Physiotherapy program is individually designed by your Physiotherapist to meet your physical needs and help you to achieve your goals. A physiotherapist is in the pool throughout the session to provide assistance and instruction. Your customised exercise program may include facilitation of movement, stretching, strengthening, walking, balance or postural re-education. When requested, your program can also include water safety and modified swimming activities for, cardiovascular fitness.



**North East
Physiotherapy**

*Moving You
Through Life*

Where can I participate in Aquatic Physiotherapy?

North East Physiotherapy runs two Aquatic Physiotherapy programs. The Physiotherapy sessions are held in the specialised Program Pools at the Wangaratta Sports and Aquatic Centre, Barr Reserve, and at the Benalla Aquatic Centre. These pools are separate from the main pools, are warmer, and have rails and ramps for safe access with a variety of mobility aids.

How will I know whether Aquatic Physiotherapy is appropriate for me?

Aquatic Physiotherapy is an excellent way to improve your strength and mobility, while still being gentle on injured, ill or recovering bodies. Almost any problem which affects your general mobility can benefit from Aquatic Physiotherapy, including conditions such as:

- **Back pain**
- **Sports injuries**
- **Rehabilitation following surgery**
- **Core stability**
- **Arthritis**
- **Osteoporosis**

The benefits of exercising in water are derived from its buoyancy, warmth maintained throughout treatment, and the hydrostatic pressure. As a result, there is associated reduction in muscle spasm, swelling and weight-bearing through the lower limbs and spine, all of which can assist in pain reduction.

Prior to attending Aquatic Physiotherapy, you will be assessed by a physiotherapist in the rooms of a North East Physiotherapy clinic to determine your suitability for this type of treatment. Inclusion in the Aquatic Physiotherapy program depends on your condition and medical history. Arrangements will then be made for booking your Aquatic Physiotherapy sessions.

Standard physiotherapy treatment fees apply and a rebate can be claimed under most private health insurance ancillary cover – please contact your insurance company for further information.

More Information?

If you have any questions about the Aquatic Physiotherapy programs run by North East Physiotherapy, or if you wish to make an appointment, please call:

Where to find North East Aquatic Physiotherapy



North East Physiotherapy Benalla

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