

What will I need to bring?

- Bathers or T-shirt and shorts
- Water Bottle
- Towel
- Rubber thongs
- Medications (eg ventolin or anginine)

Be sure to eat a good breakfast and have some water at least an hour before attending.

Please contact us if:

- You get a new medical complaint or change medications.
- You are feeling unwell.
- You have an open wound.
- You get an infection (skin, other)
- You are going on holidays!
- Any other concerns.

Clients who have diarrhoea are not to enter the pool for 5 days after symptoms cease.

FOR MORE INFORMATION CONTACT:

Department | Community rehabilitation Centre

Address: Cnr Splatt & McCrae Streets, Swan Hill

Phone: (03) 50 339 321

Email: crc@shdh.org.au

Web: www.shdh.org.au



HYDROTHERAPY PROGRAM

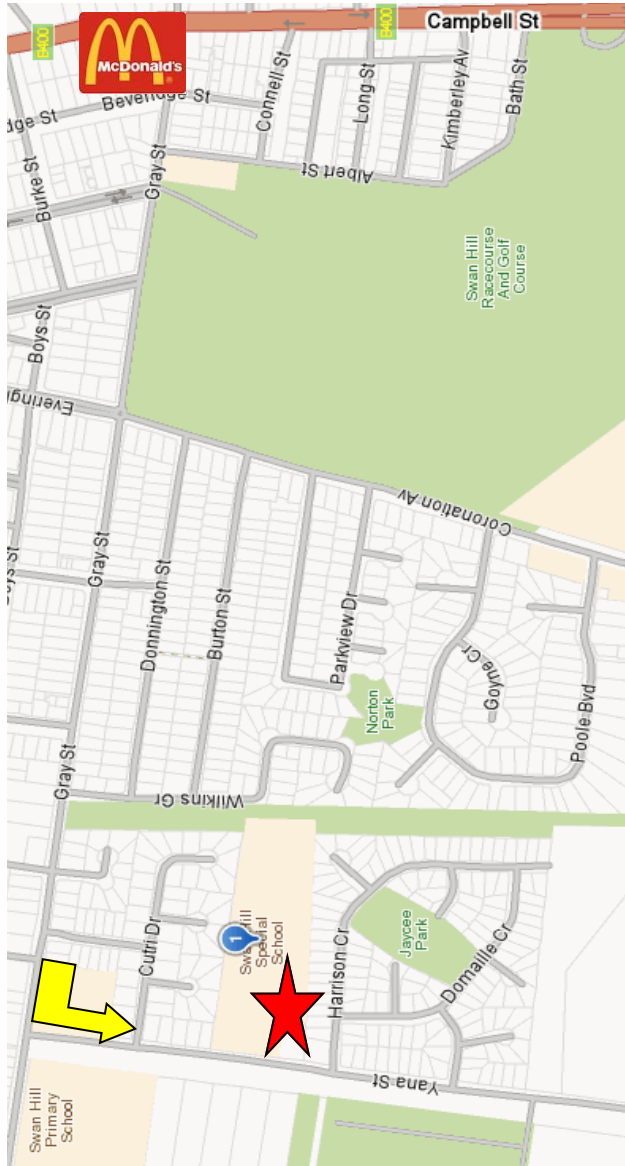
Pool located at:

Swan Hill Specialist School

27-33 Yana St

Wednesday 11am or 12pm

27-33 Yana St



Enter off Yana Street

**Park on the street and then walk in
towards the right**

What is involved in my program?

Your session will include a personalised program of warmup, stretches, strengthening and endurance exercises designed to improve your function.

Attendance and Payment

The program includes six sessions (one per week for six weeks). To cover the cost of using the privately-owned pool, participants are charged \$10 per session to attend.

For ease of payment, all participants are initially mailed an invoice for six sessions (\$60), to be paid at Swan Hill District Health front reception.

This fee is non refundable (unless medical condition deems hydrotherapy unsafe)

The full benefit of hydrotherapy is achieved through regular attendance. You must notify the CRC if you are unable to attend.

Failure to let us know for 2 sessions will result in automatic discharge from the service.

What are the benefits of exercising in water?

Buoyancy:

- Less force through painful joints
- Aids in the movement of limbs through water that may have been difficult to move on land

2. Heated water soothes painful joints and aids mobility.

3. Heated water and exercise can improve flexibility.

4. Exercise in water can strengthen all muscles in the body.

5. Water exercise improves aerobic fitness.

6. Hydrotherapy will teach you new activities that will help you manage your health and well being in the future.