

# Hydrotherapy

Water-based physiotherapy treatment



**Hydrotherapy is a water-based physiotherapy treatment option we offer at Guide Healthcare for our older clients\*.**

It has the benefits of reducing weight bearing, increasing sensory/proprioceptive feedback and allowing for reduced muscle activation to allow pain free movement.

## It can be used in the following presentations:

- Osteoarthritis/osteopenia
- Falls prevention and balance training
- Cardiovascular conditions for both fitness and circulation benefits
- Lower back/neck pain
- Chronic pain
- Parkinsons disease
- Other chronic neurological conditions

**Hydrotherapy can be funded under a home care package or commonwealth home support package.** Clients will only pay an additional fee for pool entry – otherwise our standard physiotherapy rates apply.

## Contact us

for more information or to arrange a hydrotherapy session with one of Guide Healthcare's experienced physiotherapist.

[homecare@guidehealthcare.com.au](mailto:homecare@guidehealthcare.com.au)  
02 9663 0387



\*Hydrotherapy is not appropriate for all clients. Guide Healthcare will conduct a screening process prior to commencing any hydrotherapy treatment program.