

## HYDROTHERAPY

For your hydrotherapy sessions you need to bring with you:

- ◆ Bathers/shorts.
- ◆ Towel.
- ◆ Thongs (it is advisable to wear these surrounding the pool and in the change areas).
- ◆ All patients must wait outside the pool until the instructor is ready and gives instructions to enter the pool.
- ◆ Please keep to your appointed time to avoid unsafe crowding in the pool.

Due to high chlorine levels and heated pool, polyester bathers are recommended *eg. Speedo endurance*.

IF UNABLE TO ATTEND FOR A TREATMENT SESSION PLEASE GIVE ADVANCE NOTICE.

Following your initial assessment by the Physiotherapist, a programme will be established to suit your needs. Your programme will be explained to you by the Physiotherapist. If you wear reading glasses, please bring them along as you will be given a written list of these exercises.

### CAR PARKING

Hydrotherapy patients are able to use the Next Generation underground car park, accessed from War Memorial Drive. Please announce yourself as a Wakefield Sports Clinic patient via the intercom at the car park entrance.

Please take the lifts or stairs up to Next Generation Reception on the ground level.

You will be directed to the change rooms where lockers are available to use with a \$2 coin which is refunded after use. Please enter the Pool Deck via the change rooms where our Physios will be waiting for you by our blue wheelie bin.

If you normally use a walking aid, or have difficulty with walking, you must be assisted to and from the pool. Please enter the pool by the method instructed by the Physiotherapist.

For health reasons you must shower prior to entering the pool.

Please shower immediately following your pool session, and dry yourself off well prior to leaving the pool area.

Please report any dizziness experienced at any time during your hydrotherapy session.

Also report any soreness and/or exhaustion during or after the session.

Ensure you have adequate rest periods as needed and ALWAYS REST AND DRINK PLENTY OF FLUIDS following your session.

Regular reviews will be conducted by the physiotherapist as you or the therapist deems necessary.

### PLEASE NOTE

There are certain precautions which must be undertaken to prevent spread of infections in the pool. You can help to prevent this occurring by reporting all conditions which may be a problem. For example; skin rashes, dermatitis, tinea, plantar warts, stomach upset, genital/urinary infection, eye or ear infection, chest cold/flu. It is also important to inform your physiotherapist of any problems, (Low blood pressure, low blood glucose).

### NON-SWIMMERS

There is a bar around the pool for you to hold on to. The pool depth is just over the hips and is warmer than normal pool temperature. This is not a swimming class but specific exercises aimed at your needs.

**Please make your appointments at any of the following times:**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Next Generation</b>	7:30 -8am 8 - 8:30am		7:30 -8am 8 - 8:30am	7:30 -8am 8 - 8:30am	
					12.30-1.00
	3 - 3:30pm 3:30 - 4pm	2- 2.30pm 2.30-3pm -	3 - 3:30pm 3:30 - 4pm	1:30 - 2pm 2 - 2:30pm	1.00-1.30

**Mt Barker (MON)** 12-12.30pm  
12.30-1pm

**NEXT GENERATION HYDROTHERAPY**

