

Hydrotherapy



Rehabilitation is vital to help regain strength and movement following surgery. Hydrotherapy (or water therapy) is one of the most efficient ways of recovering from injury or surgery.

Water is a wonderful medium for exercise, offering exciting opportunities for movement often not available with land-based exercise programs.

The physical properties of water when used properly can promote joint range, muscle strength and endurance, as well as improve muscle balance and cardio vascular fitness. Buoyancy provided by water can improve functional range of knees, shoulders and hips following joint replacement. The warmth of water can help muscle relaxation, making exercises more comfortable and stretches more effective when performed within the water environment. With guidance by a physiotherapist the resistance produced by water can be used to promote strength and power in muscle groups that may have wasted after surgery or post injury.

Furthermore, specific exercises can promote greater balance, co-ordination and aerobic fitness as well as help speed the recovery process following surgery or injury.

Hydrotherapy following surgery can help you return to sport or work much more quickly than just home exercises.



Hydrotherapy is recommended following surgery, such as:

- Total hip or knee replacement
- Shoulder arthroscopy or rotator cuff repair
- Knee reconstruction and/or arthroscopy
- Ankle arthroscopy

Hydrotherapy can also be used to:

- Relieve back and neck pain
- Increase aerobic fitness
- Improve general mobility
- Rehabilitate joint and muscles in conditions that are non-weight bearing, such as leg fractures
- Relieve pain from arthritic joints

The hydrotherapy sessions conducted at Wakefield Sports Clinic (19 Holden Street, Hindmarsh) are fully supervised and conducted by a physiotherapist, using specialised techniques to maximise the numerous benefits that water has to offer.

The pool is easily accessed via stairs or a hydraulic lifter for those on crutches or using a wheelchair.

An assessment by a physiotherapist is recommended prior to starting a hydrotherapy programme. This will include checking for any contra indications that may exclude participation. A hydrotherapy assessment can be booked by calling 8346 8191 during office hours.



Wakefield Sports Clinic

Crows – 36ERS – United – Thunderbirds – Olympic & Commonwealth Games Teams
270 Wakefield St, Adelaide 8232 5833 www.wakefieldsports.com.au