



WAKEFIELD  
SPORTS + EXERCISE MEDICINE CLINIC

## AQUATIC PHYSIOTHERAPY CAN ASSIST WITH:

- post-operative rehabilitation for a variety of Orthopaedic and spinal surgeries
- post injury rehabilitation
- Osteoarthritis management
- pain management
- confidence of movement in a reduced load environment, particularly when exercising on land can be problematic
- gait re-education, including transitioning off a walking aid post surgery or injury or surgery
- improving strength, flexibility and conditioning
- improving joint range of motion
- improving fitness and endurance
- postural and balance retraining
- management of multiple joint issues
- management of neurological conditions
- muscle relaxation and reduced guarding
- antenatal exercise.

## ONLY AVAILABLE AT OUR NEXT GEN CLINIC



Next Gen  
1st Floor, War Memorial Drive  
North Adelaide South Australia  
T: 8221 7000

## OUR OTHER CLINIC LOCATIONS

120 Angas Street, Adelaide, South Australia 5000  
T: 8232 5566

Dulwich Family Practice (Physiotherapy services)  
62 Dulwich Avenue, Dulwich, South Australia  
T: 8139 2444



WAKEFIELD  
SPORTS + EXERCISE MEDICINE CLINIC

# Aquatic physiotherapy



KEEPING YOU MOVING

SPORTS INJURIES | ARTHRITIS CARE | EXERCISE MEDICINE

Visit our website for more information and opening hours  
[wakefieldsports.com.au](http://wakefieldsports.com.au)

## AQUATIC PHYSIOTHERAPY

Aquatic Physiotherapy provides a great opportunity to comfortably exercise in water. We are fortunate to utilise the pool at our Next Gen site in North Adelaide. As a form of rehabilitation, sometimes also referred to as Hydrotherapy, the properties of water can aid joint range of motion, normalise movement, strengthen muscles, ease aches and pains and improve balance by the effects of:

### **Buoyancy**

Water supports the body and reduces weightbearing through joints. This can assist in managing pain, regaining mobility and performing activities that may not be achievable out of the pool. Floats and pool noodles can further utilise the effect of buoyancy in performing exercises. Our pool at Next Gen is a uniform depth of 1.2m, with most people standing chest deep in the water. This equates to you supporting approximately 30% of your body weight. Use of a portable step in the pool is a way we can increase your level of weightbearing to progress your program.

### **Resistance**

The resistance of the water, speed of movement and use of equipment such as paddles, floats, kickboards and pool noodles can increase water turbulence and the effort required by muscles to improve strength, endurance, coordination and balance.

These benefits of exercising in water allow your Aquatic Physiotherapist to provide you with a program tailored to your needs and advanced according to your progress.



## KEEPING YOU MOVING

### WHAT TO EXPECT

- > An initial 40-minute land-based assessment with your treating Physiotherapist, who will discuss and set goals with you for your pool-based program. This assessment can conveniently be completed at any of our three clinics.
- > Two individual 30-minute pool sessions with one of our Aquatic Physiotherapists to establish a program that targets your needs and ensures safe and effective exercise technique and understanding. Additional 1:1 sessions may be deemed useful in discussion with your Aquatic Physiotherapist.
- > Progression to 30 minute small group pool classes supervised by an Aquatic Physiotherapist, with a maximum of six participants.
- > Pool entry is via stairs with rail support each side and a pool depth of 1.2m.
- > Individual and group sessions may be claimable as physiotherapy extras through your private health fund. Please check with your fund to confirm.
- > Clients can enjoy free onsite parking and changerooms (including disability access) with hot showers and locker access.
- > Class timetables available on our website.