

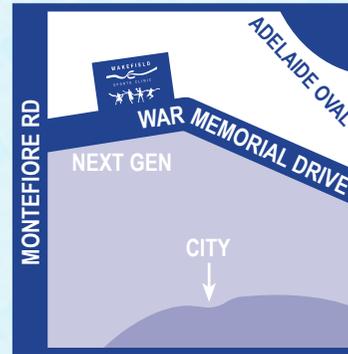
Getting Started

- A general health screening will be completed with your physiotherapist prior to pool access. Some health conditions may caution, delay or preclude access to the pool. A 'precautions' fact sheet is available on our website wakefieldsports.com.au or by phoning 8221 7000.
- All clients must participate in an individual hydro session before it is possible to transition into a group setting. This enables a tailored exercise program to be developed to suit your needs.
- All sessions (individual and group) are conducted by one of our experienced hydrotherapy physiotherapists.
- Group sessions are 30 minutes, with a maximum of 6 participants.
- A copy of the aquatic hydrotherapy timetable is available from our website wakefieldsports.com.au or by calling 8221 7000.
- All sessions can be claimed under ancillary cover of your private health fund under physiotherapy. Please check with your health fund for more information.
- All our aquatic physiotherapy sessions are held in our Next Gen clinic, War Memorial Drive, North Adelaide. Sessions are held in the pool facility on the ground floor of the gymnasium.
- Clients can enjoy free onsite parking, cafeteria, hot showers, lockers and change room access.
- Pool facilities include non-slip tiling, stairs/handrail access and a consistent 1.2m pool depth.

**BOOKINGS
ARE ESSENTIAL**



Finding Us...



NEXT GEN

First Floor, War Memorial Drive
North Adelaide

8221 7000

WAKEFIELD AQUATIC ZONE



Opening Hours:

Monday - Friday: 8am - 6pm

Saturday: 8am - 12pm

Sunday: Closed

WWW.WAKEFIELDSPORTS.COM.AU



AQUATIC PHYSIOTHERAPY

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



The best care for sporting bodies.
Leaders in orthopaedics.

Wakefield Sports Clinic Aquatic Physiotherapy

Aquatic Physiotherapy, traditionally known as “hydrotherapy”, is a safe, effective and proven form of exercise rehabilitation and conditioning. Aquatic Physiotherapy uses the unique properties of water to improve and restore your mobility and strength after surgery, illness or injury.

Distinct from swimming or aqua-aerobics, aquatic physiotherapy uses the scientific practice of traditional physiotherapy with the therapeutic effects of water to help you achieve your 'return to health' goals.

All our sessions are taken by experienced physiotherapists. As a result, specific modifications, progressions and variations can be made to suit any individual.

Aquatic Physiotherapy Can Help

- Management of joint stiffness/arthritis
- Low back pain
- General conditioning
- Specific muscle strengthening
- Post surgical rehabilitation.
Including:
 - knee arthroscopy or reconstruction
 - ankle arthroscopy
 - total hip or knee replacement
 - ACL reconstruction
 - shoulder surgery
 - spinal surgery

**Achieve your health goals faster
with aquatic physiotherapy.**

**Aquatic Physiotherapy helps to
relieve pain and enhance function.**

WAKEFIELD
AQUATIC ZONE



Getting Results

Aquatic Physiotherapy uses the many physical properties of water as a therapeutic tool.

Buoyancy provided by water immersion alleviates joint stress and promotes freedom of movement due to reduced weight bearing without jarring.

Viscosity and turbulence makes water a strengthening medium, and with the use of specific equipment, can be used to promote the strength and power of weak muscles, as well as develop cardiovascular fitness.

Water promotes less post exercise soreness compared to land-based programs meaning exercise can commence sooner after injury or surgery and is better tolerated by patients with painful joints and chronic conditions such as osteoarthritis.

Specific Exercises Can Improve:

- Balance
- General mobility
- Co-ordination
- Aerobic fitness
- Recovery
- Pain relief
- Joint and muscle rehabilitation for specific conditions

