

## Cancellations

If you cannot attend a session, please call us on **1300 472 432**.

If you are unable to attend on the day, please notify us by 9am.

Hydrotherapy will be cancelled if the temperature is forecast to be over 35° C on the day. We will notify you via phone call or text if the session is cancelled.

.....

## How do I book an appointment?

You will need to be assessed by a physiotherapist or exercise physiologist at IPC Health before you can attend a hydrotherapy class.

Further medical clearance may be required to ensure that hydrotherapy is right for you.

This service may have a waiting list. You might have to wait before an appointment becomes available.

.....

## Locations

**Brimbank Aquatic and Wellness Centre**  
90 Taylors Road, Keilor Downs 3038

**Aquapulse Werribee**  
80–82 Derrimut Road, Hoppers Crossing 3029



### IPC Health Corporate Office

106 Station Road  
Deer Park VIC 3023  
PO Box 171 Deer Park VIC 3023

**ACN** 136 685 151  
**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

**1300 472 432**

**W** [ipchealth.com.au](http://ipchealth.com.au)

**E** [ipchealth@ipchealth.com.au](mailto:ipchealth@ipchealth.com.au)

**f** IPC Health **in** IPC Health **t** IPCHealth\_au

**ipc**Health

# Hydrotherapy



## What is hydrotherapy?

Hydrotherapy is exercise in warm water supervised by a physiotherapist or exercise physiologist as well as an allied health assistant.

Hydrotherapy may be right for you if you have difficulties completing traditional on-land exercise programs.

Our hydrotherapy group consists of up to eight classes, with one session a week.

We provide tailored exercise programs and support so you can become independent with your exercises during sessions.

## Benefits of hydrotherapy:



relieves pain



improves joint mobility



improves general fitness



promotes relaxation

## Things to consider before joining this group:

- you will need to arrange your own transport to and from the pool
- you must be able to change in and out of your swimwear independently (unless you have a support person who can help)

## Before your hydrotherapy class:

- have something light to eat and drink at home
- wait for an IPC Health staff member to take you into the pool
- tell the physiotherapist about any changes to your medication or health

## What should I bring?

- bathers/swimming costume
- towel
- water bottle
- non-slip footwear
- any walking aid you normally use (for example, walking frame or walking stick)
- angina and asthma medication (if prescribed)

Please arrive 10 minutes before your class is due to start.

## After your class:

- have a drink of water before you go home
- shower as directed by staff and keep your things/footwear on at all times
- drink water and rest at home

## Do not attend if you have the following:

- had diarrhoea or gastroenteritis (gastro) in the last 14 days
- a cold or flu
- a raised temperature or if you feel unwell
- an open or infected wound, cut or scab
- recent uncontrolled blood pressure or blood sugars
- you have been drinking alcohol

If you are not sure whether you are permitted to attend the class, please call us and ask.

## Is there a fee?

Costs can be found on the physiotherapy page of our website. This group aligns with our standard group fee and pool entry costs are included.

You will need to pay for four sessions at any IPC Health campus prior to your first hydrotherapy session.

These four sessions will need to be used within a six week period to ensure you are getting the most out of your hydrotherapy.

## Can I have an interpreter?

Yes, interpreters are free. Please let us know what type you need when booking an appointment.

