

## Cancellations

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

Please note, if you miss two or more hydrotherapy classes and fail to notify us before 9am on the day of the class, you will not be permitted to attend future classes.

Hydrotherapy will be cancelled if the temperature is forecast to be over 35° C on the day.

## How do I book an appointment?

Clients need to be assessed by a physiotherapist or exercise physiologist at IPC Health before they 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 VIC 3038

### Aquapulse Werribee

80–82 Derrimut Road, Hoppers Crossing VIC 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**

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**ipc**Health

# Hydrotherapy



## What is hydrotherapy?

Hydrotherapy is exercise in water supervised by a physiotherapist and an allied health assistant.

Hydrotherapy might be right for clients who have difficulties with regular exercise programs.

Our hydrotherapy group consists of eight classes, once a week.

At IPC Health, we offer three hydrotherapy programs:

- upper limb program
- lower limb program
- back program

Clients are given their exercise programs, and are encouraged to learn and become independent with their exercises.

## Benefits of hydrotherapy:



strengthens muscles



improves joint mobility



relieves pain



promotes relaxation



improves general fitness

## 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 thongs/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 IPC Health and ask.

## Is there a fee?

A fee of **\$30.80** is payable prior to your first session. This covers four sessions. Each session costs **\$7.70**.

Payment can be made at any IPC Health campus.

## Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

