

Hydrotherapy

Come and join our low impact hydrotherapy class in a therapeutically heated pool.

Hydrotherapy is perfect for people who want to increase the speed of recovery after orthopaedic surgery, to assist with back pain and arthritis, or to increase strength, balance and overall wellbeing, without placing extra strain on your joints.

Our group sessions are aimed for people aged over 60, and are delivered under the direct supervision of a Physiotherapist who provides exercise programs tailored to suit individual needs.



When: Monday, Tuesday, Thursday

Time: 2:00pm to 3:00pm

Where: The Gardens Recreation Centre, cnr Kings Road and Martins Road, Parafield Gardens

Cost: Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees can also be claimed.

Call us on 1300 444 663 or email us at homecare@helpinghand.org.au to find out more



Helping Hand
new aged care