



# Hydrotherapy

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 their joints.

Our one hour group sessions are delivered in a therapeutically heated pool, under the direct supervision of a qualified physiotherapist, who provides exercise programs tailored to suit individual needs.

## Times and Locations

Mondays 2:00pm  
Tuesdays 2:00pm  
Wednesdays 12:00pm  
Thursdays 2:00pm

Parafield Gardens Swim Centre  
corner Kings and Martins Roads, Parafield Gardens

*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 may also be claimed.*

Contact us on 1300 444 663 or [homecare@helpinghand.org.au](mailto:homecare@helpinghand.org.au) to find out more