

# HYDROTHERAPY

Entry into our hydrotherapy sessions requires an assessment. Please contact our reception staff to arrange this if you are not a current patient. If you currently attend our practice, please discuss with your physiotherapist.

## **Session Times:**

**Monday 12.30pm – 1.30pm**

**Wednesday 12.30pm – 1.30pm**

**Friday 12.30pm – 1.30pm**

## What is Hydrotherapy?

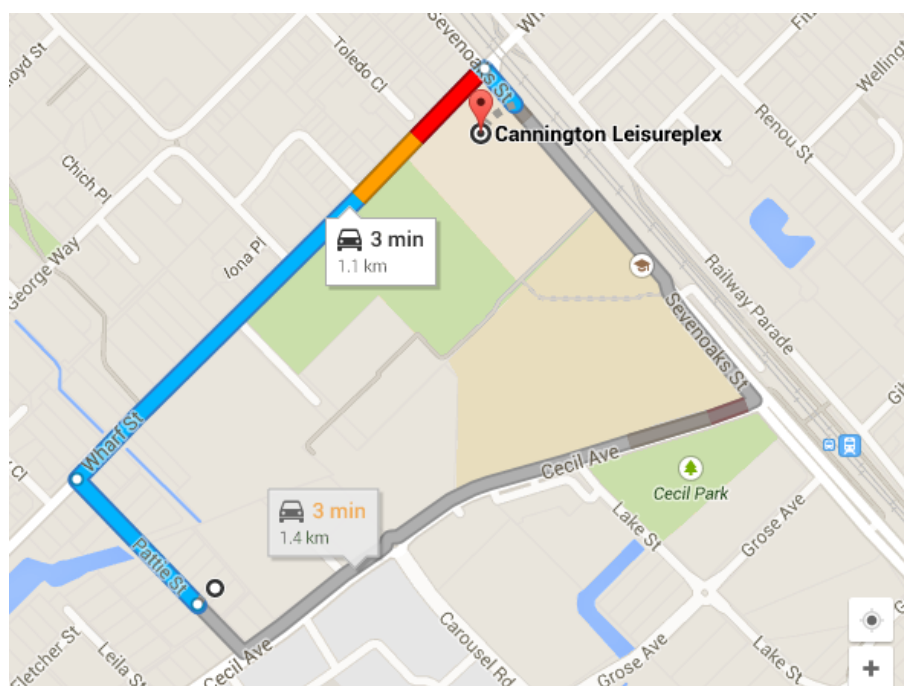
Hydrotherapy is aimed at people recovering from injury, surgery and those wanting to improve or maintain mobility and increase strength in a low impact environment. We have a qualified physiotherapist supervising and prescribing exercises to help achieve your goals.

## What to Bring:

Wear bathers or a t-shirt and shorts for the pool session. Please bring a towel and drink bottle. The Leisureplex requests that you shower poolside prior to entering the pool. They have change room facilities and locker hire available for your convenience.

## Payment Information:

As a practice we require payment for hydrotherapy sessions to be made at Cannington Physiotherapy at least once a month, prior to the last day, although you will be sent an account on a weekly basis. Alternatively if you are attending the practice for treatment you can pay for sessions at this time. Private health insurance claiming abilities and times vary for different funds.



Our hydrotherapy is held at:  
**Cannington Leisureplex**  
**Corner Sevenoaks and**  
**Wharf Street,**  
**Cannington WA, 6157**