

Hydrotherapy Programs



- Lower limb
- General
- Back
- Rheumatology
- Maintenance
- Neurological
- Upper limb

Classes run a maximum of 40 minutes.

Patients need to arrive 10 minutes prior to class time and bring a water bottle, towel and swimmers.

GmHydrotherapy1008.pm65

Greenwich Hospital

Hope Healthcare's Greenwich Hospital is a public hospital working in conjunction with Northern Sydney Central Coast Area Health Service in the provision of specialist mental health services for older people, rehabilitation and palliative care services.

Hydrotherapy Pool

Pool size: 4.5m x 9.0

Pool Depth: 1.0m -1.7m

Temperature: 32-34 °C

Pool Access: ramp with handrails

Parking: free, on hospital grounds.



**HOPE
HEALTHCARE**

Greenwich Hospital

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Hydrotherapy Pool

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Greenwich Hospital Hydrotherapy Pool



Greenwich Hospital

Specialised public health and community services, serving the community since 1966



**HOPE
HEALTHCARE**

What is Aquatic Physiotherapy?

Aquatic physiotherapy is the special practice of physiotherapy with therapeutic intent towards rehabilitation or attainment of physical or functional goals using the medium of water (APA).



Who can benefit?

Aquatic Physiotherapy can assist people with the following conditions:

- Arthritis
- Joint replacement or other orthopaedic surgery
- Back and neck pain
- General aches and/or weakness
- Sporting injuries
- Neurological conditions.

Benefits of Aquatic Physiotherapy

Movement in water is easier than on land.

Turbulence and buoyancy, combined with warm water, helps reduce pain and muscle spasm.

Patients do not need to be able to swim in order to benefit from Aquatic Physiotherapy.

The benefits of Aquatic Physiotherapy are many and can help:

- Strengthen muscles
- Reduce loading on painful or arthritic joints
- Decrease joint stiffness and improve range
- Promote relaxation
- Improve general fitness
- Relieve pain and spasm
- Assist circulation
- Improve balance and coordination
- Improve psychological well-being and motivation
- Improve coordination and movement initiation without the fear of falling.

How can I participate?

1. Any doctor or allied health team member can refer you for hydrotherapy at Greenwich Hospital.
2. A hydrotherapy referral form must be filled out and a medical clearance obtained from either your specialist or doctor.
3. Hydrotherapy patients are then assessed by a physiotherapist prior to entering a program.

Please note that the hydrotherapy service at Greenwich Hospital does not book or provide transport.

