



# Sportsmed

## Hydrotherapy

SportsMed Subiaco offers physiotherapist supervised and unsupervised sessions in our state-of-the-art hydrotherapy centre.

Our indoor heated hydrotherapy pool is specifically designed for rehabilitation and is equipped with an array of exercise equipment and floating devices to ensure a challenging but enjoyable experience.

The centre accommodates St John of God (SJOG) Subiaco Hospital inpatients and outpatients, as well as private clientele without a hospital admission.

We provide a qualified Physiotherapist by your side to prescribe appropriate exercises and correct technique. Once we have developed a suitable hydrotherapy program, patients have the option to progress to unsupervised sessions, where they can enter the water and perform the program independently.

Entry into the hydrotherapy centre requires a hydrotherapy assessment. For SJOG inpatients and outpatients who have undergone joint replacement, the assessment is conducted bedside before you leave hospital. For all other clientele an appointment with a Physiotherapist is required.

Ask at reception or call today on **08 9382 9600**

### Important Information

#### Supervised Hydrotherapy\*

(45 Min session)

Monday	8.15am 4pm
Tuesday	8.15am 9.15am
Wednesday	8.15am 4pm
Thursday	8.15am 1.15pm 4pm
Friday	8.15am 9.15am 4pm
Saturday	7.50am

#### Unsupervised Hydrotherapy

(55 Min session)

Monday to Friday	7am-8am
Monday to Friday	5pm-6pm
Monday	12pm-1pm
Tuesday	12pm-1pm
Wednesday	12pm-1pm
Friday	12pm-1pm

\* Bookings are required for Supervised Hydrotherapy Sessions.



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