



# 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<br>4pm            |
| Tuesday   | 8.15am<br>9.15am         |
| Wednesday | 8.15am<br>4pm            |
| Thursday  | 8.15am<br>12.15pm<br>4pm |
| Friday    | 8.15am<br>9.15am<br>4pm  |
| Saturday  | 7.50am                   |

### Unsupervised Hydrotherapy\*

(55 Min session)

|                  |   |
|------------------|---|
| Monday to Friday | 6.45am-7.30am<br>7.30am-8.15am<br>5pm-6pm |
| Monday           | 12pm-1pm                                  |
| Tuesday          | 12pm-1pm                                  |
| Wednesday        | 12pm-1pm                                  |
| Friday           | 12pm-1pm                                  |

\* Bookings are required for both Supervised and Unsupervised Hydrotherapy Sessions.



[sportsmedsubiaco.com.au](http://sportsmedsubiaco.com.au)