



# Sportsmed

# Hydrotherapy

SportsMed Subiaco offers physiotherapist supervised and independent 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 independent 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
Wednesday	8.15am 4pm
Thursday	12.15pm 4pm
Friday	8.15am 9.00am

### Independent Hydrotherapy\*

(55 Min session)

Monday	7.05am-8am 12.05pm-1pm 5.05pm-6pm
Tuesday	7.05am-8am 12.05pm-1pm 5.05pm-6pm
Wednesday	7.05am-8am 12.05pm-1pm 5.05pm-6pm
Thursday	7.05am-8am 5.05pm-6pm
Friday	7.05am-8am 12.05pm-1pm

\*Bookings are required for both supervised and independent hydrotherapy sessions.



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



# Information For *New Patients*

All new patients require a hydrotherapy assessment by one of our physiotherapists before booking into hydrotherapy. The purpose of this assessment is to make sure you are suitable for hydrotherapy and to structure an appropriate program.

**You are required to make an appointment for supervised hydrotherapy sessions.**

**Attendance requirements:**

- Comfortable footwear
  - Bathers
  - Towel
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- ✓ **Please note: showering is required before entering the pool**
  - ✓ **Please check-in at reception before proceeding to the pool area**
  - ✓ **Please allow time for parking before your appointment**

On arrival at the hydrotherapy pool, your physiotherapist will indicate to you when it is safe to enter the pool. The physiotherapist will assist you if you require help entering the pool.

Please check with your physiotherapist regarding any follow up supervised hydrotherapy sessions that may be required.

Supervised & independent hydrotherapy pool times are available on this flyer and also on our website.

**In the event of an emergency:**

Exit doors (signed) are on the Cambridge Street side of the hydrotherapy pool.

Poolside emergency bell (situated on pillar) – please press or alert staff member.

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

