

## What can water exercise do for you and your condition?

Hydrotherapy is a way for people with Muscle and Joint Pain or Chronic Conditions to exercise with a minimum of stress to joints and sore muscles, by utilising the buoyancy of water and adding heat. Hydrotherapy exercises are a series of gentle movements in the pool.

The following conditions would benefit from Hydrotherapy:

- General Muscle & Joint Pain
- Arthritis
- Osteoporosis
- Osteoarthritis
- Diabetes (I&II)
- Cancer
- Obesity
- Depression
- Musculoskeletal Injury / Rehab
- Occupational Injury
- Chronic Respiratory Diseases and Asthma

## How does it work?

- The warmth of the water increases circulation and aids in relaxing tense muscles
- The buoyancy of the water supports your body, makes movements easier and range of movements can be increased
- The buoyancy and resistance of the water can be helpful in strengthening muscles.

To Join just obtain a medical clearance form and registration pack and get it filled in by your GP and then attend one of the sessions across the week. **NO BOOKINGS REQUIRED**

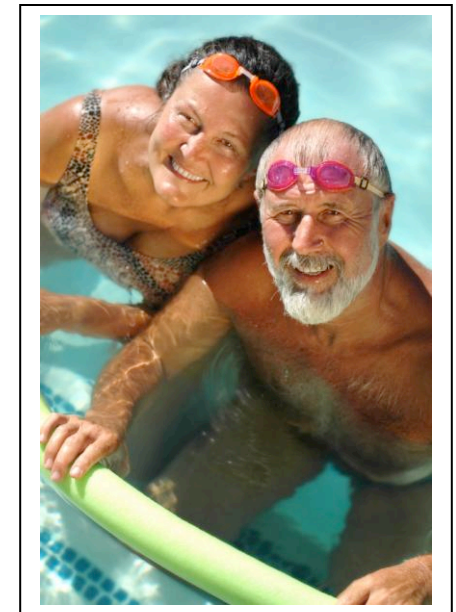
The temperature of the Hydrotherapy pool at the Tropicus Centre is around 34-35°C, and it has both a chair and a sling to help immobile participants in and out of the pool.

Should you require assistance please let one of our staff know.



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## Hydrotherapy



**Tropicus Centre**  
*Caryota Court, Coconut Grove*  
*(turn at the clock tower)*

## Hydrotherapy Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10am	10:15am	9.30am	10:15am	10:15am	10am

Discounts Apply for Arthritis and Osteoporosis Northern Territory members (AONT)  
 Sessions run for approximately 45min-1hr and can be modified to suit your condition

### Costs:

*AONT members:* \$10 per session

*AONT members:* \$90 for 10 session card

*Non-members:* \$12 per session

*Non-members:* \$110 for 10 session card

Sessions are FREE for DVA Gold and White card holders with a GP referral

