



Karingal Green

HEALTH AND AGED CARE COMMUNITY

Wellness Centre

HYDROTHERAPY

Hydrotherapy

A physiotherapy-led hydrotherapy group is offered in our state-of-the-art hydrotherapy pool. Our comfortably heated pool is an effective setting to exercise when experiencing joint and muscular pain as well as providing social and psychological benefits.

Our Karingal Green physiotherapists will instruct and assist you in working on strengthening, flexibility, pain management, balance training and functional skills training, while at the same time providing a fun, motivating, and safe environment.

The properties of water, including buoyancy, resistance and hydrostatic pressure, along with the warmth of the water reduces stress on joints. It also allows greater freedom of movement than is possible on land. Our specifically designed hydrotherapy classes will ensure you benefit from easy-to-understand instructions in a safe environment.



Key benefits of Hydrotherapy:

1. Helps to reduce aches and pains including arthritis and back pain.
2. Increase fitness and balance.
3. Exercise for individual needs including musculoskeletal or neurological conditions that make exercising on dry land difficult due to pain or fear of falling.

Our group hydrotherapy classes will commence on Friday mornings with plans to open on additional days in the near future.

We are extremely proud of our home and what we deliver. Our team is here to look after you and your needs. If you have any feedback on the delivery of these services, please speak to our friendly team.

For more information contact the Karingal Green team today on:

T: 1300 096 988 E: wellness@karingalgreen.com.au