

Hydrotherapy



Hydrotherapy is provided at [Langwarrin Sports Medicine Centre](#) in a heated (34 degrees) salt-chlorinated pool.

Hydrotherapy is suitable for all age and fitness levels. It is particularly beneficial in patients with chronic pain disorders, arthritis or post surgery. Programs are designed by physiotherapists and are tailored to your specific musculoskeletal and neurological conditions.

Our Hydrotherapy Services include:

- One-on-one sessions
- Independent water exercise programs
- Group classes

All hydrotherapy services are conducted by **aquatic physiotherapists** and are **available to both private and compensable (Workcover, TAC, DVA) patients.**

Why choose aquatic physiotherapy over a general water exercise class?

Aquatic physiotherapists are specifically trained. They have a sound understanding of the physical properties of water and the physiological responses to immersion. This, coupled with an understanding of pathology and skills to analyse human movement, makes us the ideal contact point when developing a water based exercise program.

Appropriate individual programs are developed to address the specific needs of each patient. This assists in facilitating movement and restoring function.