

## HYDROTHERAPY

Involves safe, gentle exercise for all ages in warm water for a variety of problems.

These include relief from neck, back and shoulder, knee and hip pain and stiffness.

The warm support of the water is relaxing as it aids increased movement and reduction of pain. It also assists those with poor balance.

It is under the guidance of experienced, qualified physiotherapists, so you know you are safe and that the exercise won't exacerbate an injury.

The classes are held on Tuesdays & Thursdays at the Cotton Tree pool from 1.30pm - 2.30pm

For further information about hydrotherapy contact Simon Burley or Jason Taylor Physiotherapists at the Maroochydore Physiotherapy Centre (ph 54791 777) or Buderim Phyiotherapy Centre (ph: 54769068)