

How do I book in?

An initial assessment in our rooms (either Maroochydore, Buderim or Nambour) is required before you get started in the pool, this ensures our physiotherapists can thoroughly assess you and tailor a hydrotherapy program to best suit your individual needs.

A doctors referral is not required (unless you are claiming through Workcover or Veteran's affairs), but we do recommend that you get your doctors clearance to begin physical activity especially if you are recovering from an injury. We do liaise closely with your medical practitioner, to ensure the best results.



FEES:

1hr class \$23.00

HCC holders/pensioners \$21.00

Medibank private members \$15.00

*Fully covered by Veteran's Affairs &
Workcover Qld
Health fund rebates available*

Sports & Spinal PHYSIOTHERAPY CENTRES

Maroochydore

'Chateau Royale' 19 Memorial Avenue
Maroochydore Q 4558

Ph: **5479 1777**

mphysio@sportsandspinalphysio.com.au

Buderim

120 King Street
Buderim Q 4556

Ph: **5476 9068**

bphysio@sportsandspinalphysio.com.au

Nambour

16 Daniel Street
Nambour Q 4560

Ph: **5441 2744**

nphysio@sportsandspinalphysio.com.au



Hydrotherapy

Don't let pain interfere with your life...



BUDERIM MAROOCHYDORE NAMBOUR

Sports & Spinal

PHYSIOTHERAPY CENTRES

What is Hydrotherapy?

Hydrotherapy is a specific physiotherapist supervised treatment and exercise program in a heated pool (32°C).

Hydrotherapy can benefit many injuries but is particularly beneficial for arthritis, fractures and post-surgery. The heat encourages stiff muscles and joints to relax, whilst the buoyancy of the water takes the load off the weight bearing joints allowing them to be exercised painlessly.

It is often used to improve strength and flexibility before beginning a gym or home based program.

Hydrotherapy is suitable for all ages and fitness levels. Being at a constant safe depth it is not necessary to be a competent swimmer, to benefit.

Our physiotherapists run several classes every week between the Cotton Tree Pool and the Buderim Community Pool.

Our group classes provide a safe, professional and most of all enjoyable environment! Classes have generally no more than 10-12 patients per class, this ensures the physiotherapist can concentrate on each individual. Individual hydrotherapy sessions are also available by request.



CLASS TIMETABLE

Cotton Tree Pool

The Esplanade, Cotton Tree

MON & FRI: 8:00 - 9:00am

TUE & THU 1:30 - 2:30pm

Buderim Pool

Cnr Lindsay Rd & King St, Buderim

MON 12:15 - 1:15pm

TUE & THU 11:30 - 12:30pm

Nambour Pool

Petrie Park Road, Nambour

MON & FRI 11:00 - 12:00pm

What is Hydro beneficial for?

- * Post surgery
- * Assisting with injury rehabilitation
- * Arthritis
- * Exercising sore and painful joints
- * General fitness/balance