

The Aim Exercise Physiology [EP] team offer hydrotherapy [aquatic] exercise classes at the Royal Society for the Blind pool in Gilles Plains. Classes are mixed [male + female participants].

Referrals: Referral to Hydrotherapy/ aquatic exercise therapy classes can be made by our Exercise Physiologists and/ or qualified medical practitioners [GP's or specialists]. Self-referral is possible for private patients.

Pre-exercise screens [health checks]: All patients are required to be assessed by an exercise physiologist at an Aim Physiotherapy clinic prior to attending a pool exercise session. This will involve a health screen to ensure that hydrotherapy is an appropriate treatment modality for each individual, assist exercise prescription, allow performance of appropriate safety checks [Med. history, Blood Pressure, Heart Rate response] and implement relevant outcome measures.

Session times Aim EP hydrotherapy classes run for 45 minutes at the following times:
Monday: 12.30pm – 1.15pm and **Friday: 1.00pm – 1.45pm**. Additional times may be possible.

What to wear/what to bring: All clients/patients will need to wear bathers suitable for a chlorinated pool and an exercise session. A towel will also be required for showering or drying off after the pool exercise session. Everyone entering the pool is requested to shower prior to the session for reasons of hygiene and pool sanitation. Please take your own bottled drinking water to avoid dehydration during and after the exercise session.

Personal hygiene and safety: Please avoid the pool use at any times when there may be concerns regarding wound infection, infection transmission to other people and during periods of ill-health with conditions such as diarrhoea. Please abide by all pool rules as indicated above to promote health and safety for all participants. If you require assistance for pool entry and exit, please notify your exercise physiologist upon arrival or at the time of initial referral for hydrotherapy/aquatic exercise.

Is hydrotherapy for me? Hydrotherapy may be most suitable for some individuals due to individual circumstances, or just personal enjoyment of a pool environment. As with any exercise program, we required you to address any health conditions or concerns with our exercise physiologist team before commencing. Hydrotherapy can be particularly beneficial for:-

- 1. Musculoskeletal Injuries and Pain:** The buoyancy of the water reduces weight-bearing stress on the body. This is advantageous for individuals rehabilitating an injury and/ or individuals who experience pain with weight bearing activity. The comfortable water temperature helps to relax the muscles, whilst providing resistance for strength training.
- 2. Balance + falls prevention:** Water turbulence creates an unstable environment, which makes the core and stabilising muscles work to maintain and improve our balance.
- 3. Circulation boost:** The hydrostatic pressure from the water is great for improving circulation and reducing inflammation. This is great for individuals with oedema or swelling in their extremities.
- 4. Breathing:** When submerged in shoulder-high water, the hydrostatic pressure of the water provides constant resistance to the chest wall. When we exhale, our chest wall compresses, and when we inhale, our chest wall expands. The water applies constant resistance during this movement, and overtime increases the strength of our inspiratory muscles. This can help with breathing even when exercising out of water.

Billing and payment: Payment for exercise sessions are to be made at any of the Aim Physiotherapy clinics. The physiotherapist will not have the necessary time, equipment and facilities to take payment immediately before or after an exercise session.

Please Note:

Private health funds cover both individual and group hydrotherapy sessions. Please contact your insurer to identify the amount they will cover, as this will vary between insurers and levels of cover purchased.

For appointment bookings and enquiries

T 08 8331 1557; F 08 8331 2579

web: www.aimphysio.on.net email: admin@aimphysio.on.net

Exercise studio locations:

Toorak Gardens, 363 Greenhill Rd

Oakden Medical Centre, 132-134 Fosters Rd, Hillcrest

Funding + Rebates Please note that most private health insurance (PHI) funds cover Exercise Physiology and Physiotherapy services – * please check with your PHI fund for specifics of your policy and the rebate you are entitled to. All of our studios have a HICAPS machine for on the spot rebate claiming. Ask us about your eligibility for Dept. of Vet Affairs (DVA) or Medicare [EPC or Diabetes plan] funding/ rebate. NDIS packages may also apply for eligible clients/patients.

Bookings and cancellations: Due to a limited number of available spots in our hydrotherapy classes, bookings are essential. We also ask that cancellations or reschedules are made at least one hour prior to the class commencing. Bookings and cancellations can be made by calling us on 08 83311557 and speaking to one of our friendly receptionists.

Pool location: The Royal Society for the Blind [RSB] pool is located at 11 Blacks Road, Gilles Plains SA 5086 [see map below].



Car parking: The carpark for the RSB hydrotherapy pool is located towards the right hand side at the back of the block. Once you have entered the RSB driveway [entrance off Blacks Road], turn to your right, proceed 100m then turn to your left, proceed a further 150m and the RSB hydrotherapy pool is now directly in front of you. Car parking can be found along this back section of the driveway opposite the pool and also opposite the Hall, a little further down.

Access via Public Transport Find transport to the campus [using Google Maps](#). For general information on public transport in Adelaide, [visit the Adelaide Metro website](#).

Exercise program review, evaluation and feedback: All clients/patients undertaking Hydrotherapy/aquatic exercise therapy classes are required to be re-assessed by their EP at an Aim Physiotherapy clinic at appropriate intervals. This re-assessment will allow review of progress against exercise aims/objectives and outcome measures, which may include patient satisfaction, quality of life measures, musculoskeletal screening findings and activity/function questionnaires. It will also allow review/upgrading of all exercise program and rehabilitation plans. The EP will provide a progress report to referring practitioners.

Booking appointments and notifications of appointment cancellations: It is imperative that we are able to identify and record in advance, everyone attending each session. Patients must call the clinic to book prior to attendance. This way, we are able to contact you should the session be cancelled for any reason (a rare occurrence on past experience, and usually for reasons beyond our control such as pool maintenance or water quality/temperature problems). Please contact Aim Physiotherapy on 08 83311557 during business hours.

The RSB pool and facilities: The Royal Society for the Blind [RSB] pool in Gilles Plains is an indoor heated swimming pool (32°C constant temperature). Private male and female toilets and change room facilities with hot showers are available for your convenience. Steps with a hand rail are available for easy access to the shallow end of the pool. Vertical pool steps are available for entry / exit in the deep end of the pool. A mechanical lifter and sling are also available.

Pool rules: For reasons of personal and group safety, please do not enter the swimming pool until the EP or assistant therapist is in attendance. Do not run inside the pool facility. Do not jump into the pool. Do not dive into the pool. Please conduct yourself in a manner that is respectful to other pool users and to the instructor. Please take note of pool depth indicators and enter the pool at a point where water depth is appropriate for your personal comfort and safety. Please abide by any other pool rules indicated by signage or staff at the RSB pool facility.