

SUPERVISED HYDROTHERAPY EXERCISE CLASSES



At the Kalamunda Physiotherapy Centre

Our supervised hydrotherapy classes provide education and self-management techniques for those with post-surgical conditions such as joint replacement and spinal surgery. Programs are tailored individually and done in a properly supervised and continually monitored environment, **just as we do here at the Kalamunda Physiotherapy Centre.**

Classes are also available for

- Osteoporosis
- Post-surgical conditions (Joint replacement, spinal surgery)
- Core Stability
- Fit for Life and general well-being
- Arthritic conditions
- Individualised strength requirements



Take a look at our evidence-based supervised hydrotherapy classes!

Hydrotherapy benefits those who have had recent surgery

Correct technique and proper supervision is essential

Speak to your physiotherapist about the benefits of hydrotherapy to rehabilitate post-surgery

KALAMUNDA PHYSIOTHERAPY CENTRE

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Mon/Wed/Fri 1pm