

HYDROTHERAPY

Water based exercise is an effective and safe way of moving the body without the effects of heavy loads that occur with land-based exercise.



By reducing the effects of gravity on the body, it allows freedom of movement whilst still providing some moderate resistance from the water for muscle strengthening. The 'deloading' soothing effect of warm water is useful for conditions such as arthritis, sports injuries, muscle tightness through to post-operative rehabilitation.

The Hydrotherapy classes run by Latitude 33.7 Physiotherapy are structured to suit everybody. They are run by highly qualified physiotherapists that provide the care and guidance to help with your body's needs.

Call to make an appointment with our physiotherapists to start on the new YOU!

SESSION TIMES

Visit latitude337physio.com.au for current session times or find us on facebook.

PRICING

HYDROTHERAPY CLASS	60mins \$25
*10 SESSION PACK	\$225

*Health fund rebates may apply.
All classes are conducted by
Physiotherapists.*

CONTACT DETAILS

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