

Aquatic Therapy

Aquatic therapy, also known as hydrotherapy, is done in a warm pool. It is an effective therapy for people with a neuro injury or condition.

Aquatic therapy is more than swimming

Aquatic therapy is water-based exercise specifically designed for water. It may include swimming retraining or water safety skill development. An aquatic therapy program is designed by a Physiotherapist or Exercise Physiologist. It is specifically tailored to individual needs and goals.

Why choose aquatic therapy?

Aquatic therapy lets you participate in different ways to land based therapy.

Reduced fear of falling

Everything moves more slowly in water. This gives the body more time to correct itself and prevent a fall.

Standing is easier in water

Instead of gravity weighing you down on land, buoyancy pushes you up in the water.

Tone, joint stiffness and pain management

The warmth of the water and water pressure can reduce tone and stiffness. Aquatic therapy can improve endurance, strength, flexibility, walking, and help with pain management. It can also improve mood and be good fun!

Tailored aquatic therapy

A therapist led aquatic program may include exercises to build strength, control movement and enhance balance. Our therapists provide tailored programs for individuals and support safe entry and exit from the pool. We inject fun into sessions to keep you engaged and increase overall motivation and wellbeing.

Author Felicity Burns (MPhysio, endorsed in Neurorehabilitation)



What you need to know

Aquatic therapy is not appropriate for everyone. Prior to starting aquatic therapy, an assessment should be completed by a qualified Physiotherapist or Exercise Physiologist to ensure it is safe for you.

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