

CONDITIONS THAT CAN BENEFIT FROM HYDROTHERAPY

ARTHRITIS

CDRM

CERVICAL MALFORMATION
SYNDROME

CRUCIATE LIGAMENT
DAMAGE

ELBOW DYSPLASIA

HIP DYSPLASIA

INTERVERTEBRAL DISC
DISEASE

LEGG-CALVE-PERTHES
DISEASE

OBESITY

OCD

PANOSTEITIS

PATELLAR LUXATION

SPINAL INJURIES

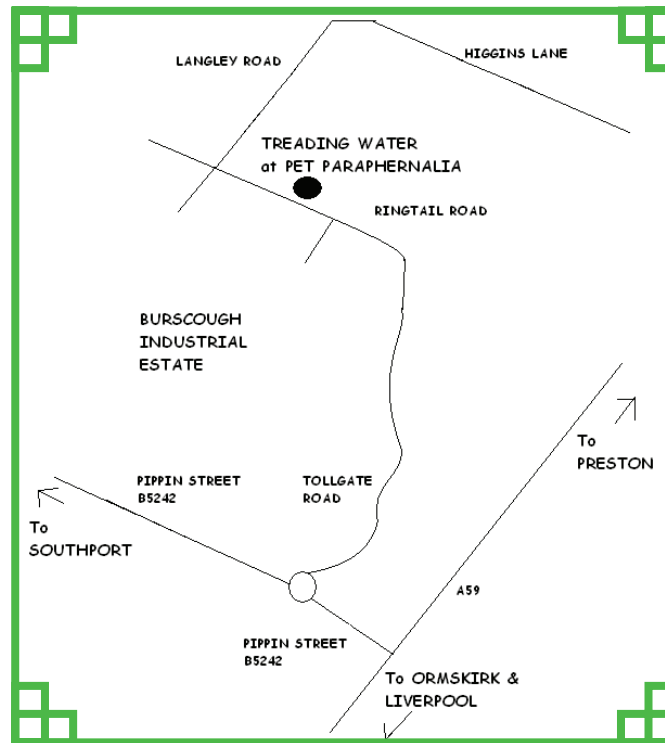
SPONDYLOSIS

STROKES

WOBLERS SYNDROME

AND MANY MORE

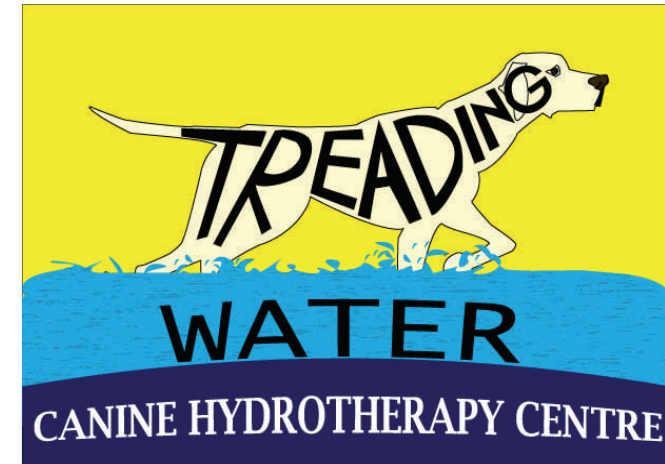
OR JUST TO KEEP FIT!!!!



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"PROGRESS THROUGH PROFESSIONALISM"

STATE OF THE ART
HYDROTHERAPY POOL
AND
UNDERWATER
TREADMILL

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WHAT IS HYDROTHERAPY

The word hydrotherapy means water healing. It is controlled aquatic exercise providing support to muscles and joints in a stress free environment.



Hydrotherapy is more intensive than normal exercise, helping to restore, maintain and improve muscle tissue and mobility whilst providing support.

BENEFITS OF HYDROTHERAPY

The buoyancy and warmth of the water help to reduce pain, swelling and stiffness, whilst helping to strengthen muscles and improve the mobility of joints.

Hydrotherapy improves circulation and cardiovascular fitness and is also an excellent aid to weight loss.

With improved physical fitness comes better mental health and general wellbeing.

Hydrotherapy can be used both pre and post operatively.



OUR STAFF AND FACILITIES

The quality of the water in our hydrotherapy pool and underwater treadmill is maintained to the highest possible standards.

Our staff have been trained to the



highest standards and passed examinations accredited by the Awarding Body Consortium in :

- Pool Water Management
- The Principles & Practices of Hydrotherapy
- Aquatic Treadmill Therapy
- Anatomy & Physiology
- Clinical Conditions Associated with Hydrotherapy
- First Aid in Animals