



## Giving you an ACTIVE choice



**Elke Rudolph**  
Owner/Principal of  
Lansdowne Physiotherapy



**Amanda Robertson**  
Physiotherapist

# Aquatic Physiotherapy at Lansdowne Physiotherapy

**Aquatic Physiotherapy** (Hydrotherapy) is a specific program of exercises and mobilising techniques carried out in a warm swimming pool.

These exercises are prescribed by a physiotherapist for individual patients as part of their treatment.

Warm water **supports and reduces stress on painful soft tissues and joints**, providing an excellent medium for controlled exercise during treatment and for fitness programs.

The properties of water are used to assist with exercises, with the heated water helping with **pain relief, relaxation and circulation**. The buoyancy of water can be used to aid or resist movements, while the sensory stimulation of water can also assist with body awareness.

Individual Aquatic Physiotherapy assessment and treatment is provided to assist many conditions:

- Back pain
- Neck pain
- Post-joint replacement rehabilitation
- Orthopaedic rehabilitation
- Sports injuries
- Osteoarthritis
- Exercise for weight control

Lansdowne Physio's Aquatic Physiotherapy sessions are provided and supervised by **Amanda Robertson**, who has a wealth of experience in this specialised field.

Amanda designs individual programs for participating clients, who are then able to work in a group setting.

Our Aquatic Physiotherapy sessions are held at Swim Central (149 New Town Road), which offers a warm pool with flat access, easy pool entry and plenty of equipment to use. Session times are between 9.30 am and 10 am each Monday.

*Please ask us for more details.*

### Offering you a WIDER choice

- Back Pain
- Neck Pain
- Clinical Pilates
- Alexander Technique
- Aquatic Physiotherapy
- Postural Re-education
- Sports Injuries
- McKenzie Technique
- Continence and Pelvic Floor

