



An Australian Government Initiative

Fees

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Citizenship, telephone 131 450.

Resthaven Therapy Services

Locations

Resthaven Northern Community Services

16 Gillingham Road, Elizabeth SA 5112
Telephone (08) 8252 6811
northerncs@resthaven.asn.au

Resthaven Marion Community Services

43 Finnis Street, Marion SA 5043
Telephone (08) 8296 4042
marioncs@resthaven.asn.au

Resthaven Paradise & Eastern Community Services

61 Silkes Road, Paradise SA 5075
Telephone (08) 8337 4371
pecs@resthaven.asn.au

For more information about the range of services offered by Resthaven, visit:

www.resthaven.asn.au



Aquatic Physiotherapy



**Paradise Therapy Services
Phone: 8337 4371**



Introduction

Aquatic Physiotherapy sessions are run by the Physiotherapy Department of Resthaven's Paradise Therapy Services.

Each participant is assessed by a physiotherapist, who designs a tailored program.

The sessions involve gentle, supervised water exercises. Where appropriate "hands on" treatment is also given by the physiotherapist, e.g mobilising joints and stretching muscles.

The client is reviewed (after attending between 6 -10 sessions) to evaluate progress.

Benefits

Benefits of treatment in water include improvement in pain levels, muscle relaxation, muscle strengthening, walking ability, fitness, flexibility and balance.

Many conditions benefit from aquatic physiotherapy.

These include arthritis, fibromyalgia, muscle and tendon injuries, post fractures, post surgery, stroke and other neurological conditions, osteoporosis and back and neck problems.

Venue

The Aquatic Physiotherapy sessions are held in an indoor heated pool at:

**Brain Injury
Rehabilitation Services
8 Briar Road, Felixstow**

When

Thursdays 2.15pm - 4.00pm

Duration

Each session runs for approximately 30 minutes.

Staffing

There are at least two Resthaven staff in the pool. In addition there is an observer outside the pool to ensure client safety.

Who Can Attend?

The Aquatic Physiotherapy Sessions are designed for older people.

A referral from a doctor or physiotherapist is not required.

For further information please call 8337 4371.

About Resthaven Therapy Services

Resthaven Therapy Services offer rehabilitation and support aimed at improving quality of life for older people.

Multi-disciplinary teams of health professionals provide treatment programs which are based on individual needs.

Referrals

A doctor's referral is not required.