

Hydrotherapy

Conveniently located at
Donvale Rehabilitation Hospital



Ramsay

health

plus

ramsayhealthplus.com.au

Hydrotherapy

Hydrotherapy provides a comfortable and supportive environment for the treatment of many conditions. Warm water exercises can be beneficial in improving strength, balance, flexibility and overall function.

Our hydrotherapy service is accessible for people of all abilities, with hoist access and specialist change facilities available. Our pool is maintained at a comfortable therapeutic temperature range between 35 – 36 degrees. The hydrotherapy pool is supervised at all times to ensure your ongoing safety.

What's next?

- A detailed one to one land based assessment is required prior to commencing the hydrotherapy program. During this session your physiotherapist will work with you to create an individualised program to best suit your goals.
- If you are new to hydrotherapy at Donvale Rehabilitation Hospital you will need a medical clearance from your GP prior to commencing the program.
- Please bring a towel, thongs (or suitable footwear) and any medication you may require to each session.
- To make an enquiry or booking please call 9841 1204
- Claimable through extras cover

Donvale Rehabilitation Hospital

1119 Doncaster Road

DONVALE VIC 3111

P: (03) 9841 1204 F: (03) 9841 1405

E: rhp.drh@ramsayhealth.com.au



Ramsay

health *plus*