



**ST JOSEPH'S HOME**  
CATHOLIC WELFARE SERVICES

# REHABILITATIVE HYDROTHERAPY



## Benefits of hydrotherapy

- Reduces pain and swelling
- Reduces impact to joints
- Improves relaxation
- Improves balance and coordination
- Increases strength and flexibility
- Regains functional movements

## Who is it for?

- Pain management
- Post surgery recovery
- Stroke, dementia, parkinsonism
- Osteoporosis, fracture healing
- Cerebral palsy, Down's syndrome
- More

## Contact us

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