

Hydrotherapy

What is Hydrotherapy at Ocean Kids Health?

Hydrotherapy (also known as water-based therapy) is therapy completed in an aquatic environment, utilising the properties of water to assist in building strength, water confidence and new skills! Our hydrotherapy 1:1 termly sessions and holiday programs are completed by our amazing Paediatric Exercise Physiologists and Physiotherapists who utilise the aquatic environment to assist babies and children to achieve their goals whilst having so much fun! We LOVE helping children in the water!



Benefits of hydrotherapy

Exercising in water enables a greater variety of movements for children who have difficulty moving on land.

Other benefits include:

- Relaxing and stretching tight muscles
- Enhancing blood circulation
- Pain management
- Desensitising the nervous system to touch and pressure
- Improving core strength and postural control

Our Hydrotherapy is suitable for:

- Babies with low and high muscle tone
- Children with developmental delays
- Children with neurological and genetic conditions
- Children needing 1:1 support in learning to swim
- Children with movement, strength, balance and coordination difficulties
- Management of pain, injuries or return to sport
- Post operative recovery and rehabilitation
- Joint Hypermobility and Ehlers Danlos Syndromes
- Chronic Fatigue and endurance problems
- Children with obesity
- Children with cancer and complex conditions



Holiday Programs

What are Hydrotherapy Holiday Programs at Ocean Kids?

Our Hydrotherapy Holiday Programs are 1 or 2 week programs starting the week of the Vic school holidays and run throughout the school holidays. They consist of daily 1:1 sessions in the pool with our amazing and skilled therapy team.

Our Hydrotherapy Holiday Program sessions run from Monday to Friday for 55 minutes and are individually tailored to boost your child's water confidence, strength and motor skills in a short timeframe! Our programs give your child the opportunity to practice, build on and consolidate their skills to assist them in achieving their goals! We love our progressive programs and love to help your children achieve incredible results whilst having so much fun!



Termly Hydrotherapy Sessions

What are our Termly hydrotherapy sessions at Ocean Kids?

During each Victorian school term, we provide individually tailored 1:1 weekly pool sessions. Our weekly sessions are 45 minutes in duration and focus on helping your child to build their water confidence, strength, balance and movements over the term.

We have therapists available in the pool on every week day in the mornings and afternoons!

To register your child for our Termly sessions or Hydrotherapy Holiday Programs, please contact our wonderful admin team!