

Wellspring Physiotherapy



Hydrotherapy

Exercise in a heated indoor pool
where you are 80% lighter!

**Reduce impact on joints and allows people of all ages,
fitness and agility levels to participate.**

What we offer

Rehab of knee-, hip- and shoulder replacements.

Classes for back pain and arthritis, pregnancy and post natal as well as neurological patients

Fun aqua group sessions for seniors.

Individual hydrotherapy rehabilitation sessions is available by booking it

Why choose water exercise?

Physiological benefits:

- Reduce blood pressure.
- Redistribution of blood flow.
- Decrease sensitivity of nerve endings.
- Relaxation of muscles in warm water
- Improve range of movement.
- Reduce lactic acid in cells
- Decrease pain and muscle spasm
- Increase strength power and endurance
- Increase Cardiovascular endurance
- Improve circulation, heart rate, respiratory rate, metabolic rate



Positive therapeutic effects:

Water provides a fun medium to improve fitness. Privacy in water takes away fear of having to keep up with a group. Warm water is ideal for relaxation and the psychological well-being.

Bookings is essential:

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0829206155

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