



Plus Hydro

Increase strength, promote circulation, relieve pain and enhance your overall wellbeing with hydrotherapy.

Therapeutic benefits of hydrotherapy for neuro conditions

If you're living with multiple sclerosis or other neurological conditions, hydrotherapy is a refreshing way to improve your physical and overall wellbeing.

The unique properties of warm water can help you move around with greater ease and flexibility, making your therapy session both effective and enjoyable.

Neuro-Allied Health Professionals Led Program

Led by experienced physiotherapists and exercise physiologists who specialised in hydrotherapy for neuro conditions, Plus Hydro involves a range of exercises and specific therapeutic techniques performed in warm water.

With our expert guidance and support, you can enjoy a low-impact workout that can improve your strength, flexibility and overall well-being.

Plus Hydro will help you:

- Reduce muscle tightness and stiffness
- Improve joint flexibility and increase your range of motion
- Enhance muscle activity using the buoyancy of water
- Develop motor control and improve your ability to perform daily activities
- Build muscle strength, improve balance and overall wellbeing
- Enhance independence and quality of life, allowing you to better engage in the activities you love
- Have some fun and relax in the warm, soothing waters.

FAQs

Who is Plus Hydro suitable for?

Plus Hydro is designed for people living multiple sclerosis or other neurological conditions.

It is a great option for those looking for a low-impact workout as the warm water creates a supportive environment to meet your needs and fitness level.

How many people can I expect in a session?

Our physiotherapists or exercise physiologists can work one-on-one with you, or you can join a small group* program that best suits your needs. We limit each session of up to 4 people to allow for a personalised experience.

*Please note group sessions may not be suitable for everyone.

What is the duration of each session?

1 hour.

Where can I access this program?

Our Plus Hydro program are offered close to our Lidcombe (NSW) and Footscray (VIC) wellbeing centres.

You can access this program by self-referral through our Plus Connect team or you can ask your GP, physiotherapist, exercise physiologist, or other health professional to refer you to Plus Hydro.

Upon referral, you will be offered an Initial assessment to determine if hydrotherapy is right for you. We'll discuss your specific needs and support you step-by-step to help you reach your goals.

What is the structure and cost of the program?

This is an ongoing program with

- 1 x initial assessment
- Periodic review of assessments

Cost as per NDIS price guide for NDIS clients under Physiotherapy/Exercise Physiology.

Cost as Private:

Physiotherapist led: \$165/hour

Exercise Physiologist led: \$140/hour

Group: \$40/hour

How can I pay for the program?

If you have a NDIS plan, you may be able to fund your Plus Hydro program. You also have the option to pay privately and receive a rebate from Medicare (for assessment only) or your private health insurer.

Contact Plus Connect today and we can advise you on the best way to pay for this program.

Sign up today!

Call us: 1800 042 138

Email us: connect@msplus.org.au
