

Hydrotherapy

Belmore students are provided the opportunity to participate in a hydrotherapy program as a means of working toward their unique physical and learning goals. The purpose of this program varies between students and their individual needs.

The warm water environment provides **pain relief, relaxes muscles, and reduces joint stiffness**. The buoyancy of water decreases the impact of gravity, allowing students to move with greater ease and **improve their range of motion and flexibility**.

Hydrotherapy also helps build **strength and endurance**. It targets **balance and coordination skills**, providing a **safe and supportive** environment for practice. Additionally, the **calming and enjoyable** nature of hydrotherapy **reduces anxiety**, making it more appealing and motivating for students to participate in therapy.



The social aspect of group hydrotherapy sessions fosters interaction and peer support among students. Sensory stimulation in water promotes **relaxation and positive emotional responses**, benefiting individuals with sensory processing difficulties.

Belmore's Hydro program takes place on site in our purpose built hydrotherapy pool with speciality equipment including overhead tracking, theraquatic floats and a range of adaptive equipment.

The program is staffed by qualified swim instructors and physiotherapists.

