



HYDROTHERAPY



What is Hydrotherapy?

Hydrotherapy is a guided form of exercise and rehabilitation done in a warm pool. It uses the natural support and resistance of water to make movement easier, reduce pain, and improve strength and mobility. At Determined2, hydrotherapy sessions are individually tailored and delivered by our Accredited Exercise Physiologists (AEPs) to support your goals in a safe and supportive environment.

How Can Tailored Hydrotherapy Help You?

Engaging in hydrotherapy under the guidance of a Determined2 AEP can provide numerous benefits, particularly if you find land-based exercise challenging. Our Hydrotherapy services can assist with:

- **Less Pain, Easier Movement**
Warm water and buoyancy take pressure off your joints, allowing you to move in a supportive environment that reduces pain
- **Better Flexibility & Mobility**
The water supports gentle stretching and helps improve your range of motion.
- **Stronger Muscles**
Water provides safe resistance to build strength and endurance without overloading your body.
- **Improved Balance & Stability**
Develop your balance, stability and confidence by practicing movement without the risk of falling.
- **Reduced Swelling & Better Circulation**
Water pressure and warmth help reduce swelling and improve blood flow.
- **Relaxation & Stress Reduction**
The soothing warm water helps ease muscle tension and promote a sense of wellbeing.
- **Sensory Regulation**
The warmth, pressure, and gentle movement of water can help calm the nervous system and support sensory regulation.
- **An Accessible Way to Exercise**
If traditional exercise is overwhelming or difficult, hydrotherapy can be a more accessible, enjoyable way to get moving.

Why Choose Determined2?

Established in 2015, our mission is to empower individuals to improve their physical, mental, and social health through tailored physical activity programs.

- **Certified Social Enterprise**
As a registered social enterprise, we reinvest in our people and our purpose—supporting positive outcomes for the community.
- **Community-Based Setting**
Our services are delivered in welcoming and accessible community spaces that support inclusion, connection, and social participation.
- **Person-Centred & Co-Designed**
We work with you to tailor your program to your goals, preferences, and needs.
- **Lived Experience Approach**
We bring empathy and insight through personal experience, creating a deeper connection to your journey.
- **Flexible Delivery**
We offer consultations, supervised 1:1 gym and hydrotherapy sessions, telehealth, and home visits to suit your needs.
- **Qualified Professionals**
All services are delivered by university-trained, ESSA-accredited Exercise Physiologists.

Get in touch

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- ✉️ bookings@determined2.com.au
- 🌐 determined2.com.au



Registered
NDIS
Provider



How to Access Our Services

Determined2 is a registered NDIS provider of Therapeutic Supports, Exercise Physiology services can be accessed under Capacity Building – Improved Daily Living or Capacity Building – Improved Health and Wellbeing. A specific reference to Hydrotherapy is not required in your NDIS plan to access our services.

Our services can also be funded for individuals with:

- Workplace injuries (WorkCover)
- Motor Vehicle Injuries (LSA)
- Aged Care Packages
- Private/Self-funded

We recommend contacting Determined2 directly to discuss your individual circumstances and explore the best funding options for you.

How do I get started?

Your hydrotherapy journey with Determined2 will typically begin with an initial Exercise Physiology consultation out of the water. During this assessment, your AEP will discuss your health history, current condition, and goals to determine if hydrotherapy is a suitable option for you and to design a personalised program.

Hydrotherapy sessions are conducted in the pool under the direct supervision of your AEP. They will guide you through your tailored exercises, ensuring correct technique and progression. Sessions are generally 1 hour in duration, with 45 minutes dedicated for exercise in the water.

Contact us today to book your initial consult!



The Parks Recreation and Sports Centre, 46 Cowan St, Angle Park, SA 5010

How do I refer someone?

To refer someone for Hydrotherapy, click the button '**Refer Now**' on our website. Alternatively, you can provide us with the participants contact details via email or phone and we will contact them about making the next steps.



SCAN OR CLICK THE QR CODE TO ENQUIRE NOW!

