

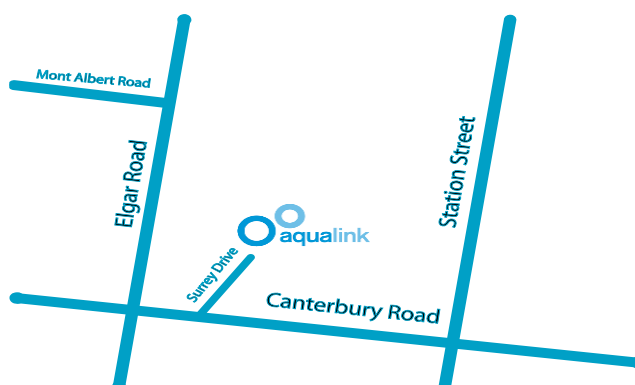


**bellbird**  
SPORTS & SPINAL

**2 Darook Street,  
Blackburn South  
Ph: (03) 9878 8088**

# Hydrotherapy Information

*Aqualink Box Hill map:*



Bellbird Sports and Spinal (BSS) offers a variety of hydrotherapy sessions including individual and group sessions. Programs are tailored to suit individual needs by a physiotherapist with extensive knowledge and experience in hydrotherapy.

Hydrotherapy involves gentle exercises performed in a warm water environment. The benefits are numerous including; pain relief, muscle strengthening and relaxation, increased joint flexibility, improved circulation, fitness and balance. The buoyancy of the water provides support, enabling exercises to be performed more easily than on land.

**Location** - All patients require an in-rooms assessment prior to starting hydrotherapy with BSS. This assessment is conducted **at our practice** (address above). Our pool sessions are held at **Aqualink Box Hill, Surrey Drive, Box Hill** (see map above). They are held in the Warm Water Pool.

**Times** - Bookings are made via reception at BSS. Following your assessment at BSS, you will need to attend an individual session(s) to create your program. Individual sessions are 20 mins in duration and start promptly at **2.40pm on Tuesdays and Thursdays**. You may then progress to group sessions. Group Pool Sessions are 40 mins in duration and start at **2.00pm on Tuesdays and Thursdays**. Please allow enough time for parking, queuing at reception and getting changed to avoid being late.

**Cost** - Group Classes are \$36.00  
- Individual Sessions are \$97.00  
- Initial Assessment \$116.50

Invoices for pool sessions will be issued via email and need to be paid within 7 days.

**Please Note:** We cover the admission cost into warm water pool. This covers participation in the class only. Let the reception desk at Aqualink Box Hill know that you are here for our class.

**Please bring bathers, towel, thongs to use on pool deck and in change rooms, and a drink bottle.**

**DO NOT ATTEND HYDROTHERAPY IF YOU HAVE OPEN/UNHEALED WOUNDS OR ANY CONTAGIOUS DISEASES. Please notify reception at BSS if you can't attend your booked session.**

**Private health insurance** - Depending on your cover, hydrotherapy sessions may be claimable on private health insurance. In order to use our HICAPS machine to claim your rebate, you will need to visit Bellbird reception and **pay on the day** of your appointment.

**CDM** - Hydrotherapy is covered by CDM for individual sessions **only**. Group Hydrotherapy sessions are not eligible. Our full fees are payable **on the day** of your appointment in order to submit the claim to Medicare, for the \$58.00 rebate, on your behalf.