

HYDROTHERAPY COURSES

Involves the use of water for treatment and pain relief. Suitable for patients with:

- ❖ Chronic pain, Musculo-skeletal or neurological conditions*
- ❖ Those recovering from injury, surgery, illness*
- ❖ Those for whom weight bearing exercise is a problem (including acute injuries) *

** (if you have no other contra-indications – physio will make contact to screen this prior to course starting)*

Benefits include:

- ❖ Relief from pain and stiffness
- ❖ Improves circulation
- ❖ Improved muscle strength
- ❖ Improved fitness.

Group Class

TUESDAY 10.15 to 10.45am. Starting 10/1/2012

Cost

GROUP CLASS -£90 for 6 weeks (paid in advance)

1-1 Class - £40 per session.

VENUE

The Grange, Rectory Lane, Bookham, Surrey*

***Please make all bookings through**

Fine Fettle Multi-healthcare

Rayleigh House, 32 High Street, Bookham.

Bookings online @ www.finefettle.org or email info@finefettle.org or phone 01372 458984