



Hydrotherapy and Gym

Active rehabilitation is a key component of managing an injury and restoring a person's functional capacity. Whether it is to assist an employee's return to work or to increase a person's function CHG's hydrotherapy and gym services can help. All three CHG clinics have purpose-built comprehensive gyms,

and the Mile End clinic also has an onsite hydrotherapy pool. For CHG Elizabeth and Gillman, hydrotherapy services are coordinated through local facilities, with active supervision from our Physiotherapists throughout the rehabilitation process.

Rehabilitation Process



What injuries/conditions may benefit from active rehabilitation?

- Acute and chronic musculoskeletal injuries
- Pre and post-surgery
- High trauma injuries
- Sporting injuries
- Complex regional pain syndrome
- Chronic pain
- Chronic Obstructive Pulmonary Disease (COPD)
- General poor health/frail/elderly
- Balance and proprioception impairment

CHG's Physiotherapists can assess and treat:

- Workplace injuries
- Motor vehicle accidents
- Medicare referrals
- Private health fund patients

Extended opening hours are available at our Mile End clinic in order to accommodate patients with a fulltime work schedule.