

MISSION, CREED, VISION AND VALUES

Over 175 years ago five Sisters of Charity endured a hazardous four month journey across thousands of miles of ocean to venture to an unknown land called Australia. They were compelled by the original vision of their founder, Mary Aikenhead – to care for the poor and vulnerable.

This sense of serving, of purpose, of mission has continued undiluted across the decades. The love of Christ urges us to continue striving to meet these needs.

That is both our heritage and our legacy – where we have come from and where we are committed to continue heading.

It is what urges us on, calls us to continually exceed our own expectations, to be better than we thought we ever could be. That's why we call it a mission.

And mission is everything we do: from cleaning the rooms to providing cutting edge technology, from delivering highly complex surgical procedures to a meaningful conversation with a patient.

Our Mission

As a Catholic health care service we bring God's love to those in need through the healing ministry of Jesus. We are especially committed to people who are poor or vulnerable.

Our Creed

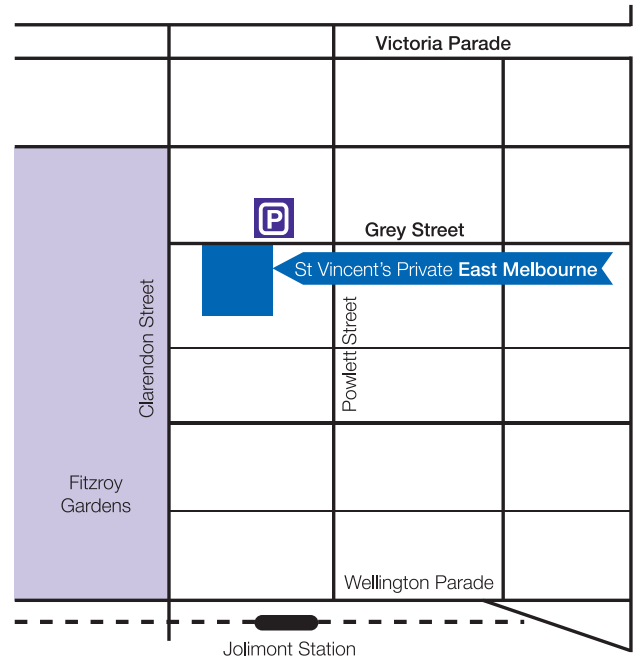
We believe in the dignity of all people because each one is created in God's image. We are committed to justice and compassionate care for all.

Our Vision

We lead through research driven, excellent and compassionate health and aged care.

Our Values

Compassion
Justice
Integrity
Excellence



Hydrotherapy Pool

Lower Ground Floor (Basement)
159 Grey Street East Melbourne Vic 3002

St Vincent's Private Hospital Fitzroy

59 Victoria Parade Fitzroy Vic 3065
Phone: (03) 9411 7111 Facsimile: (03) 9419 6582

St Vincent's Private Hospital East Melbourne

159 Grey Street East Melbourne Vic 3002
Phone: (03) 9928 6555 Facsimile: (03) 9928 6444

St Vincent's Private Hospital Kew

5 Studley Avenue Kew Vic 3101
Phone: (03) 9851 8888 Facsimile: (03) 9853 1415

www.svpm.org.au

ACN 083 645 505



Nov 2016



Day Therapy Rehabilitation Program

HYDROTHERAPY

Patient Information



What is Hydrotherapy?

Hydrotherapy is a form of physiotherapy treatment which utilises the properties of warm water to perform prescribed exercises. Hydrotherapy is done under the guidance of a trained aquatic physiotherapist to achieve therapeutic and rehabilitation goals, specific to your needs.

The aim of hydrotherapy is to assist with the rehabilitation of orthopaedic, cardiopulmonary, neurological and psychological function of patients.

Some of the benefits of hydrotherapy in rehabilitation include:

- Reduction of pain and relief of muscular spasm
- Improvement in joint range of movement and flexibility
- Improvement in strength and endurance
- General reconditioning of cardiovascular fitness
- Balance retraining and falls prevention
- Promotion of general sense of well being.

What is the temperature of the water?

The temperature of hydrotherapy pool is maintained at 32 to 35°C. This is warmer than your local public swimming, normally set at 27 to 28°C.

Who is eligible?

- Your treating physiotherapist/surgeon/rehabilitation physician will discuss whether hydrotherapy is appropriate for you
- You will be given an Aquatic Physiotherapy Assessment form to be signed by your surgeon/rehabilitation physician or general practitioner, however a referral from your surgeon/rehabilitation physician or general practitioner is adequate
- Unfortunately, if we do not have a signed Aquatic Physiotherapy Assessment form or referral from your surgeon/rehabilitation physician or general practitioner, you will not be allowed to enter the pool.

How many people per group?

There will be a maximum of 3 patients per group.

How long are the sessions?

The hydrotherapy sessions are 30 minutes long, so it is essential that you attend your scheduled session on time.

What do I bring?

Please bring:

- Bathers
- Towel
- Clean thongs
- Medications you use for emergencies.
E.g. asthma puffer, angina spray

We will provide water, however it is advised that you bring your own water bottle so you can remain hydrated travelling to and from the pool.

Precautions

Please notify your therapist if:

- You have been unwell in the past 48 hours.
- You have a change in skin condition (e.g. rash, wound ooze) a cut or graze prior to entering the pool
- Do not enter the pool unsupervised
- If you use walking aids, ensure the physiotherapist or allied health assistant is present to place your walking aid to the side for safe entry into the pool
- Should you experience any adverse reactions please notify your physiotherapist immediately.

Cost

St Vincent's Private Hospital has funding agreements for rehabilitation with most private health funds. As Health funds differ, we will complete a health fund check and notify you of any cost involved prior to commencing hydrotherapy.

Location

Hydrotherapy Pool
Lower Ground Floor (Basement)
159 Grey Street East Melbourne Vic 3002

Enter through the main entrance at St Vincent's Private Hospital East Melbourne, head towards the lifts on the right hand side. Press 'B' for Basement and the hydrotherapy pool is on the left hand side as you exit the lift.

Phone: (03) 9928 6077

Fax: (03) 9928 6888

Car park

For patients' who attend the Day Therapy Rehabilitation Program the car park is FREE.

St Vincent's Private Hospital Staff and Visitors Car Park Building is located:

102 Grey Street, East Melbourne Vic 3002

(The car park building is located approximately 100m across the road from the Hospital's main entrance)

Public transport

- Nearest Train: Jolimont Station and Parliament Station
- Nearest Tram: Route 48 and 75 Wellington Parade
Route 109 and 12 on Victoria Parade
- Bus: Victoria Parade

