

Royal North Shore Hydrotherapy Information and Referral Process

The RNS hydrotherapy service has re-commenced for RNSH patients. We are using the hydrotherapy pool at **Graythwaite Rehabilitation Centre**. (37 Fourth Avenue Eastwood)

Service:

- Afternoon sessions are available Monday, Tuesday, Wednesday and Friday. The sessions are for 30 mins and run by 2 qualified physiotherapists. The patients can attend twice weekly up to a maximum of 6 weeks.
- Each patient will have their own individual program to complete.
- Patients will be screened to check any wounds are covered with waterproof dressings and they have not had any infections or gastro symptoms within the past 14 days.
- An initial land based assessment in RNS Physiotherapy OP department prior to commencing Hydrotherapy. Outcome measures are taken that will be re-assessed on discharge. Patients will be provided with a home exercise program and a program to carry out independent aquatic exercise within the community, on discharge.
- We will follow local policy and Australian Physiotherapy Association (APA) guidelines regarding access for patients to hydrotherapy.

Please be advised there is no hospital transport available for patients to Ryde

How to Refer:

- GPs, RNSH specialists or Physiotherapists can refer patients for hydrotherapy.
- Please complete a standard Physiotherapy referral, making it clear they are for hydrotherapy and deliver to **Staff Station 5, Ambulatory Care Centre** or fax to **9463 1068**
- A Hydrotherapy Medical Clearance form completed by their treating doctor or GP is required prior to commencing hydrotherapy, to exclude any contraindications.
- If you have any queries regarding this service please do not hesitate to call **9463 1809** to speak to our hydrotherapy staff.

Physiotherapy Department
Northern Sydney Local Health Network
ABN 63 834 171 987

ASB Level 3 - Royal North Shore Hospital
St Leonards NSW 2065
Telephone (02) 9463 1404 Facsimile (02) 9463 1068