

Hydrotherapy

What is hydrotherapy?

Hydrotherapy means treatment using water. The water in the pool is warmed to 32°C (90°F). In the water, a person can float, and movement is easier because body weight is reduced by up to 80%. A water environment increases blood circulation, and reduces edema and muscle tension. Resistance to movement that is created in the water enables effective and unique exercises. Hydrotherapy treatment is appropriate for the following types of patients: acute conditions, for example, after orthopedic surgery (like joint replacement), breaks and strains; chronic problems such as back pain, fibromyalgia syndrome, and other rheumatic diseases; problems with the respiratory system; stroke and Parkinson's disease.

The hydrotherapy pool is also used with children who have developmental defects and other problems, such as low muscle tension, weakness in the shoulder region, and scoliosis. Hydrotherapy treatments are given by physiotherapists and hydrotherapists, individually or in groups, for men and women separately. The treatments are given under agreement with all the health funds, or privately.

The pool also offers a swimming course for babies.

The hydrotherapy pool is located on the top floor of the Leon and Sabina Weinreb Rehabilitation Wing.

For Appointments call: 972-9-8609114, 972-9-8609116



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