

Friday 24 April 2009



MEDIA RELEASE

PHOTO OPPORTUNITY: Monday 27 April 2009, 12.30 p.m.
Horsham Aquatic Centre

NEW PROGRAM FOR PEOPLE WITH BACK PAIN

A new program has commenced in Horsham for people suffering with back pain.

Wimmera Health Care Group's aquabacks program is now running at the Horsham Aquatic Centre under the leadership of YMCA fitness instructor, Christa Rogers. It is a hydrotherapy program for people with lower back pain, stiffness and weakness.

Chief physiotherapist, Hayley Roberts said that exercise, particularly in water, can positively impact on back problems. "It can also help with decreasing pain, numbness and stiffness" she said.

Ms Roberts said that aquabacks is a low intensity program that aims to decrease the symptoms of back pain and the need for medical intervention. "It also aims to increase strength and improve people's ability to self manage their symptoms" she said.

Ms Roberts said that classes operate every Monday at the aquatic centre starting at 12.30 p.m. "Sessions run for 45 minutes and the cost is \$6. The current program is running for six weeks and participants are really enjoying it. If we get enough interest, we hope to offer aquabacks on an ongoing basis" she said.

Ms Roberts urged anyone interested in the aquabacks program to contact Christa Rogers at the Horsham Aquatic Centre on ph. 5382 2576 or Wimmera Health Care Group's Physiotherapy department on ph. 5381 9333.

MEDIA CONTACT: Sue Frankham
Community and Private Patient Liaison Officer
Ph. 5381 9309