



Jointly Present

Title **Moving with Ease in Water – Physiotherapy & You!**

Speaker Ms. Carolina Lee, BSc(Hon.)
Physiotherapist & Aqua-Physiotherapist
Assistant Rehabilitation Manager, West Point Hospital

Date 21 September 2007 (Friday)

Time 1900 hours

Place Bedok Community Library

Abstract

Physiotherapy can help you improve your strength, increase your mobility, decrease pain and stiffness. Learn about the treatment options for various conditions. Different aspects of land-based and water-based treatment will be discussed. Water has recuperative and healing properties. When submerged in a pool, the body is relieved from the constant pull of gravity. Water has powers of relieving stress and rejuvenating the body. Those with stroke, arthritis and bone fractures can benefit much in a well supported safe environment.

Biodata

Carolina Lee is a Chartered Physiotherapist who graduated from the University of Manchester, UK in 1998. She received her Bachelor of Science (Hons) in Physiotherapy in UK's largest physiotherapy school, the Manchester Royal Infirmary which dates back to 1911. She has had extensive experience working with women's health issues as she previously worked in KK Women's and Children Hospital. She conducts Baby Massage Classes and Antenatal Exercise Classes (on land and in water). Her special interest is Hydrotherapy, which is also known as Aquatic Exercise, indicated for neck and back pain and neurologically impaired patients. She also has interest in Sports Injuries Rehabilitation. She is a member of The Chartered Society of Physiotherapist, UK and of Singapore Physiotherapy Association.

Registration is Not Needed

Admission is free. All are welcome.

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