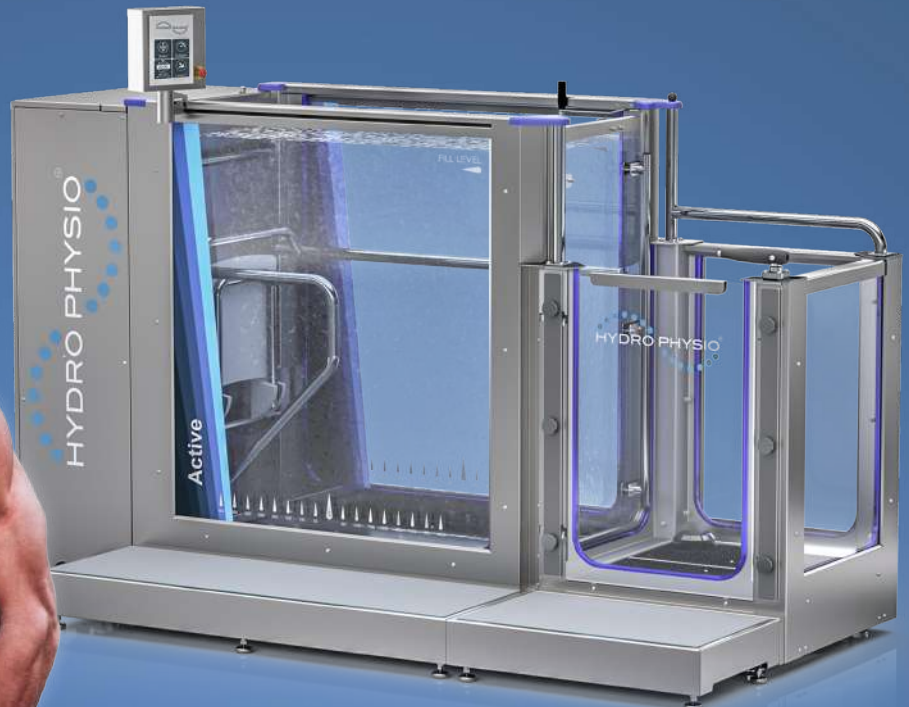




UNDERWATER TREADMILLS

Elevating health & mobility worldwide



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Who are Hydro Physio

History

Founded in 1979 in the heart of Shropshire, England, we're more than just a business: we hold a 44 year legacy rooted in design and manufacturing excellence. Our dedicated team of over 180 professionals and designers go above and beyond to turn your wellness visions into reality.

Our passion is a dedication to innovative and cutting edge design, propelling us to the forefront of the aquatic therapy market.

Our site

Our state of the art factory houses a dedicated project team and innovative design unit. In our ISO accredited, 200,000sqft manufacturing facility our crew work closely with the design teams and clients to create our bespoke installations. Our comprehensive testing facility and experienced sales team ensure that you receive the best possible solutions for your business.





“ Over 1,000 Hydro Physio systems have changed lives worldwide ”

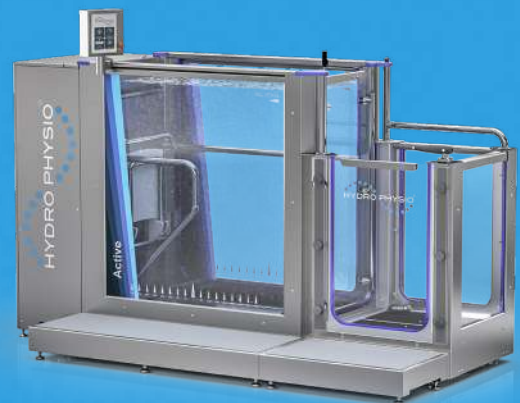
What is a Hydro Physio Treadmill

The Hydro Physio treadmill is a cutting edge chamber treadmill, integrating advanced treadmill technology with the physical benefits of water based movement. Featuring 316 grade stainless steel and glass construction, this innovative product unlocks new possibilities for enhancing health and fitness, along with supporting mobility and aiding overall performance.

Therapy with Hydro Physio can often precede traditional rehabilitation therapy, allowing your clients to get back on their feet sooner and begin to rebuild strength prior to starting dry physical therapy.

What are the benefits?

- Accelerated recovery post-injury or surgery
- Improved cardiovascular endurance
- Enhanced range of motion and flexibility
- Reduced blood pressure
- Maintenance of muscles post-injury or surgery
- Elevated calorie burn
- Alleviation of pain
- Strengthening of the core and legs
- Increased metabolic rate
- Enhanced respiratory system function
- Amplified sense of wellbeing and confidence



Our Hydro Physio treadmills are not only for assisting medical conditions but also for elite and general sports, fitness, health and performance. These treadmills suit a wide range of age or ability.

Our Range



Active Treadmill

see page 17-18



Focus XD Treadmill

see page 19-20



Pro-Trainer Treadmill

see page 21-22



**Fusion Free
Standing & Integrated**

see page 23-24

Why Water

Water has been used throughout history as a tool for vitality, recovery and renewal. At Hydro Physio, we have harnessed the power of water through the crafting of our Hydro Trainers to create a unique fitness journey.

The advantages of water:

Hydrostatic Pressure

Fluid pressure at equilibrium, increasing with water depth (model 1)

- Alleviates edema
- Boosts metabolic rates
- Enhances thoracic pressure, aiding cardiovascular conditioning
- Aids circulation, relieving arterial pressure.

Temperature

Influences user's workout experience

- Induces relaxation
- Alleviates discomfort
- Enhances circulation

Surface Tension

Where users interact with the water surface (model 2) and water resistance on immersed areas (model 3)

- Targets specific muscle groups
- Supports unsteady patients or recovering athletes

Resistance

Water resistance on immersed body areas (model 3)

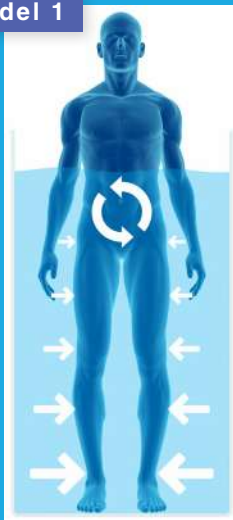
- Targets specific muscle groups
- Provides support for unsteady patients or recovering athletes

Buoyancy

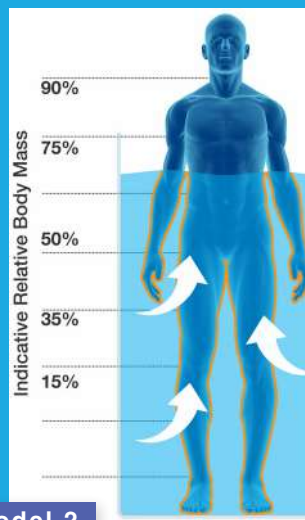
User's relative mass at a specific body height (model 3)

- Supports flexibility
- Improves core stability
- Eases pressure on joints and muscles

Model 1



Model 2



Model 3



1 Ankle Injuries

Hydro Physio users typically experience a relative body weight reduction of 60% when using the treadmill, reducing weight on ankle injuries and allowing gentle recovery and effective rehabilitation.

2 Knee and Lower Leg Injuries

Knee replacements, ACL reconstruction and lower leg trauma can all be aided by the benefits of an aquatic treadmill rehabilitation programme.

3 Hip Replacement

Patients with hip replacements are able to use aquatic therapy to begin their rehabilitation at an earlier stage than traditional rehabilitation therapy, aided by the pain alleviation offered by warm water.

4 Core Stability / Weight Loss

Aquatic training facilitates a low impact yet effective workout, allowing for better health and overall fitness.

5 Spinal Injuries

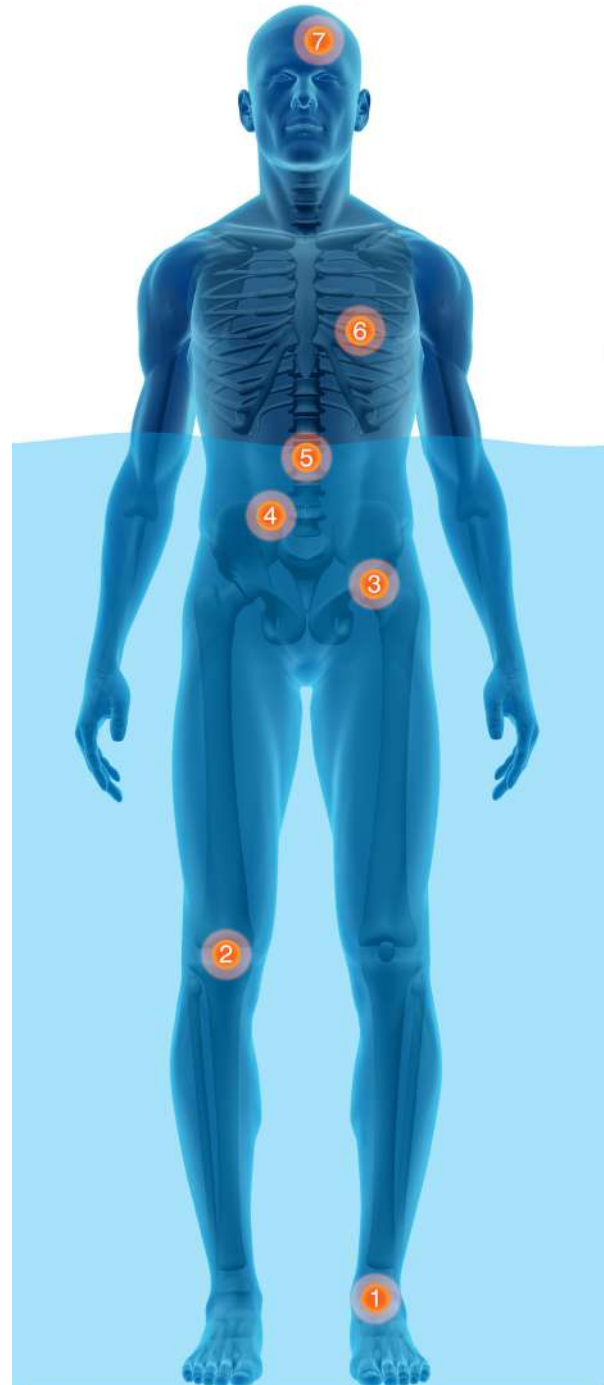
Damage to the lower back can be treated in a cushioning, supportive environment on an aquatic treadmill. Low speeds allow patients to make their first steps in recovery.

6 Cardiovascular & Respiratory

Aquatic treadmill therapy can improve cardiovascular health through increased resistance and pressure. Water immersion can also strengthen respiratory systems, supporting overall fitness and stamina.

7 Neurological

Patients with neurological conditions such as cerebral palsy, or stroke patients, use aquatic therapy for learning or relearning in a supported environment, boosting confidence and overall wellbeing.



Industry Sectors

Our underwater treadmill solutions cater to a wide range of industries and environments, enhancing fitness routines by offering low impact but highly effective physical programmes. Our range can support rehabilitation and mobility during athletes' recovery, encourage active ageing in retirement communities and offer unique fitness options at health spas. There are endless fitness applications for our versatile systems to suit every client and patient.



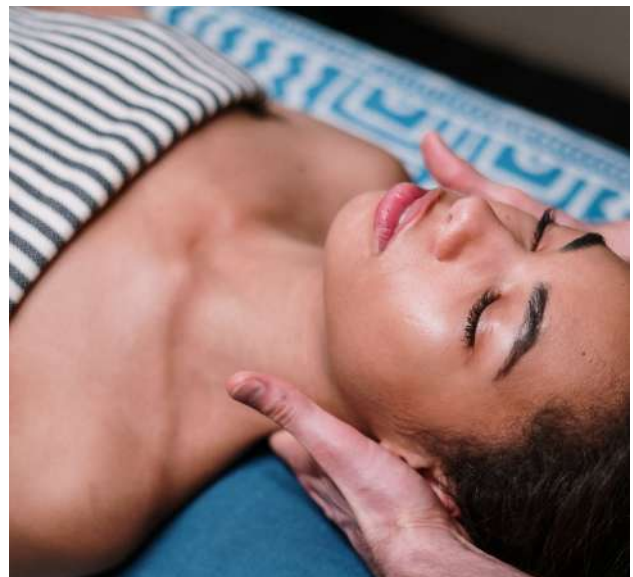
Gymnasiums



Football Federations



Rehabilitation Clinics



Health Spas



Fitness Hubs



Rugby Associations



Aquatic Therapy



Wellness Centres

Sports Conditioning

Maximise performance through strength and conditioning with a Hydro Physio aquatic trainer, offering a combination of effective and demanding workouts. Water resistance and surface tension combine to create a high intensity workout, with optional resistance jets and incline to elevate the challenge. The inclusion of a Hydro Physio treadmill in fitness programmes allows athletes to reach higher levels of fitness with a reduced risk of injury.



Faster Recovery Time

Water temperature and buoyancy can help to reduce inflammation and promote muscle relaxation, encouraging quicker recovery from training and workouts.

Reduce Risk Of Injuries

Water resistance aids in strengthening muscles along with improving balance and coordination, helping reduce the risk of injuries during training and competition.

Comprehensive Fitness


Aquatic conditioning offers a holistic approach to fitness, encompassing strength, endurance, flexibility and balance. This comprehensive approach helps both elite athletes in their respective sports and individuals achieve their own fitness goals.

Full Body Workout

Water resistance targets multiple muscle groups simultaneously, resulting in a comprehensive full body workout.

A female athlete with long hair in a ponytail is in a starting crouch on a track. She is wearing a dark athletic top and shorts, and is positioned over her starting blocks. The background shows a blurred stadium setting under a clear sky.

**“ A refreshing
start to a
healthy life ”**

A person wearing a teal long-sleeved shirt, dark shorts, and teal and orange running shoes is stretching their right leg. They are wearing a green wristband and a blue wristband. The background is a blurred outdoor setting with trees and a path.

***“ Keeping athletes
in peak form with
hydrotherapy
rehabilitation ”***

Rehabilitation

Conventional sports injury recovery progresses at a slow pace. Athletes often experience a decline in form and ability during the process prior to resuming training. A hydrotherapy rehabilitation program supports a quick return to training by accelerating the healing process while reducing stress on joints and ligaments. The targeted therapy supports athletes to get back to sport more quickly than by using traditional rehabilitative physio alone.



Achilles Tendon Condition

Through water immersion, buoyancy reduces pressure on the Achilles tendon, enabling low impact exercise and conditioning while strengthening surrounding muscles and promoting recovery early after injury.

Fractured Bones

A gentle and supportive rehabilitation setting is key to bone recovery. Water therapy alleviates discomfort and pressure on healing bones, encouraging recovery and reducing the risk of re-injury.

Sprains

Buoyancy alleviates stress on the injured region, allowing a smoother journey to regain strength and flexibility. Water-based therapy reduces the risk of reinjury, allowing athletes to confidently work back to full strength.

ACL Tears and Repairs

Natural water resistance enhances balance and tones muscles while treating injury. Athletes can experience a faster transition to regular activities while utilising water-based treadmills in their recovery.

Health and Wellbeing

By aligning health and wellbeing our Hydro Physio treadmills offer a customised, gentle environment for individuals managing chronic health conditions. The mental and physical benefits of water-based therapy enhance the experience of treating arthritis, heart disease, stress and other conditions, improving overall wellbeing along with targeting specific issues.





Musculoskeletal Health

Orthopedics - Post Operative

Research shows that those who rehabilitate earlier achieve independence and strength faster than those who wait to partake in land based exercises. Aquatic therapy is ideal as patients can begin exercise almost immediately after certain operations.

Aquatic therapy allows patients to begin rehabilitation as close to the operation date as possible, facilitating an earlier return to independence and mobility. This is proven to have a significant impact in post-operative rehabilitation after the following operations:

- Pre and Post Knee Surgery
- ACL Knee Surgery
- Ankle Fusion Surgery
- Femur Replacement
- Fractured Foot
- Fractured Pelvis
- Hip Replacement
- Shoulder Surgery
- Spinal Surgery

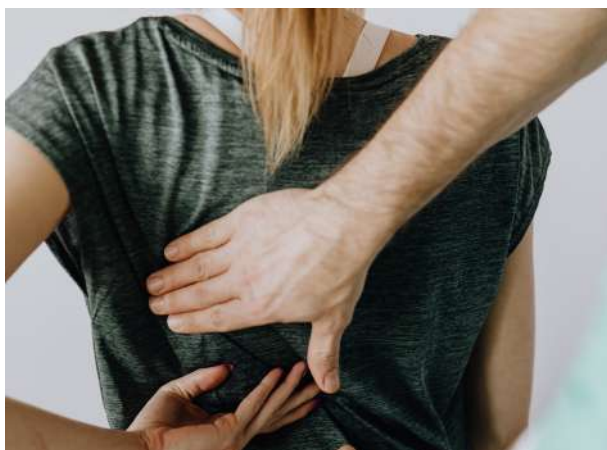


Thriving after the Diagnosis

Paediatric Therapy - Cerebral Palsy

Diplegic cerebral palsy can be managed effectively with aquatic therapy, turning weakness to strength and supporting the creation of a more natural gait.

Physical steps forwards are matched by big strides in confidence. Selective Dorsal Rhizotomy (SDR) operations can be aided by water-based therapy, in both pre operative preparation and post-operative rehabilitation.



Shaping a Healthier Future

Chronic Conditions - Arthritis & Fibromyalgia

Chronic conditions often cause debilitating pain in patients. Hydro Physio offers a lower stress, lower pain exercise for patients experiencing chronic pain, and unlocking a new way to manage pain.

The importance of cardiovascular workouts for arthritis and fibromyalgia patients is high, as is the maintenance of mobility. Aquatic therapy offers solutions for this, increasing confidence and improving quality of life for patients who would otherwise face greater immobility in their everyday life.



Bouncing Back

Stroke Recovery

One of the largest causes of serious long term disability

Every two seconds, someone in the world has a stroke for the first time. Up to 80% of strokes could be prevented. Lifestyle improvement and physical activity are contributing factors to reducing stroke risk, meaning regular aquatic exercise could be key in stroke prevention.

72% of stroke patients have lower limb weakness. The goal of stroke rehabilitation is to help relearn skills such as balance and mobility, and regain strength in weakened areas. Water cushions the weakened limbs and offers the patient the confidence they need to relearn.



A Public Health Dilemma

Obesity

The links between weight and health have long been established, and a healthy BMI is essential to overall health and wellbeing.

As weight increases, exercises become more straining on joints and muscles. Aquatic treadmill exercise softens and reduces pressure on joints, while offering a calorie burn of up to three times higher than the same land based exercise.



Caring for Your Pregnancy

Ante and Post-Natal Wellness

Hydrotherapy can soothe SPD symptoms during pregnancy. Gentle walking in water relaxes the body and strengthens the core, supporting the abdomen and improving pain.



Active Treadmill



Modular Design

The Active treadmill is a purpose built solution for overcoming accessibility challenges in both existing and new facilities. It's modular design enables it to be delivered in one, two, or three pieces, depending on space constraints.



Features & Benefits

- Touch screen control
- Portable device control (phone / tablet)
- 270° glass observation windows for monitoring
- Variable treadmill speed 0.5 to 10km/hr
- Variable water height up to 1270mm
- Variable water temperature up to 40°C
- Stride length indicators
- Fold down seat (130kg) – treadmill zone only
- Handrails front and sides (shorter on LH side)
- Emergency stop tether to be worn by user
- Manual emergency drain for power outage
- Outward opening access door in foyer - RH, LH or end configuration
- Standard access decking
- Chemical dosing (Bromine or Chlorine – please specify)UV and Cartridge filters
- 316 grade stainless steel construction
- Space saving standalone system with plant pack and water storage built in
- Modular design to allow easier access to installation area

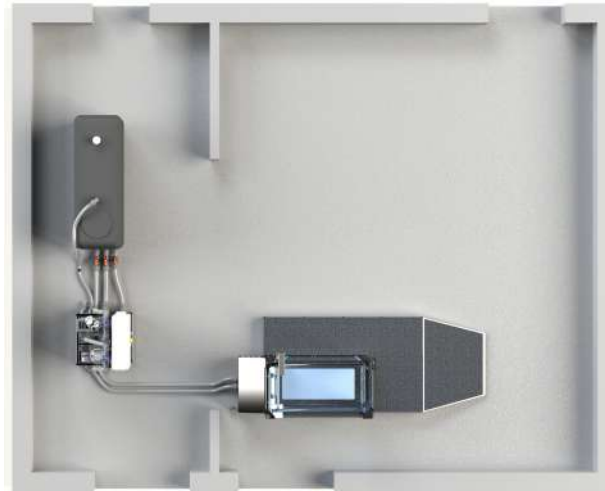
Optional Extras

- Access ramp
- Customised decking

Focus XD Treadmill



The following illustration depicts a standard layout featuring a plant enclosure and a water storage tank. Installation configurations can be customised to accommodate the available space and can be distributed across two separate floors.



Features & Benefits

- 10" Touch screen control
- 360° glass observation windows for monitoring
- Variable treadmill speed between 0.5 to 16 kph
- Variable water height up to 1200mm
- Variable water temperature up to 40°C
- Dual speed resistance jets
- Blue LED underwater lighting
- Pre-set and programmable functions
- Stride length and water depth indicators
- Fold down seat (130kg)
- Handrails front and sides
- Emergency stop tether to be worn by user
- Outward opening access door
- Water treatment plant pack & water storage tank

- Chemical dosing (Bromine or Chlorine – Please specify)
- UV and Cartridge filters
- Standard access decking
- Stainless steel construction (316 grade)

Optional Extras

- Powered treadmill incline (8% gradient)
- Removable handrails
- Fold down heavy duty seat (200kg)
- Sand filter (replaced cartridge filter)
- Poolside water fed
- Media screen
- Access ramp
- Customised decking

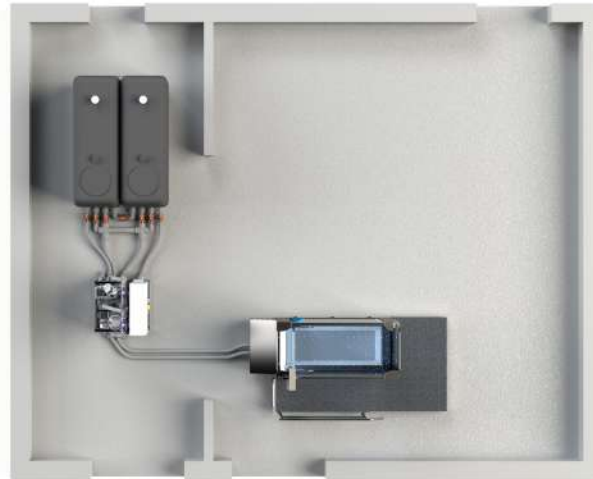
Pro-Trainer Treadmill



Product Room Layout



The following diagram represents a standard arrangement comprising a plant pack and two water storage tanks. Installation configurations can be tailored to fit the available space and distributed across two floors.



Features & Benefits

- Larger training zone and treadmill
- 10" Touch screen control
- 360° glass observation windows for monitoring
- Variable treadmill speed between 0.5 to 16 kph
- Variable water height up to 1350mm
- Variable water temperature up to 40°C
- Powered treadmill incline (8% gradient)
- Dual speed resistance jets
- Blue LED underwater lighting
- Pre-set and programmable functions
- Stride length and water depth indicators
- Fold down seat (130kg)
- Handrails front and sides
- Emergency stop tether to be worn by user
- Outward opening access door
- Water treatment plant pack & dual water storage tank

- Chemical dosing (Bromine or Chlorine – Please specify)
- UV and Cartridge filters
- Standard access decking
- Stainless steel construction (316 grade)

Optional Extras

- Removable handrails
- Fold down heavy duty seat (200kg)
- Sand filter (replaced cartridge filter)
- Media screen
- Access ramp
- Customised decking

Fusion Treadmills

FUSION Treadmills are user friendly addition to any pool. These assistive treadmills are versatile, accommodating users at various speeds, making them beneficial for athletes, elderly individuals, and those facing disadvantages. With the ability to be installed in multiple locations within a single pool, they seamlessly fit into any aquatic environment.



Features & Benefits

- Touch screen poolside interface
- Freestanding & intergated to be used in pool based systems
- Remote control station mounted to front of treadmill
- Variable treadmill speed between 0.2 to 10 kph
- Enhanced treadmill system monitoring
- Pre-set treadmill speeds
- Reversible belt direction
- Handrails front and sides
- Height adjustable feet for levelling
- Stainless steel (316 grade)
- Product weight 200kg (441 lbs)

Free Standing Treadmill

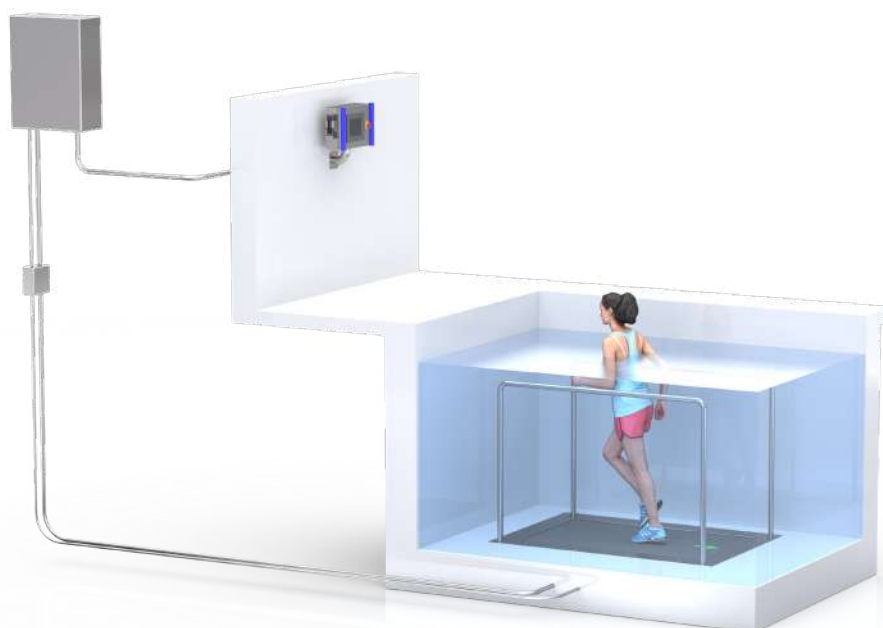


The FUSION Free Standing is a simple solution to convert a pool into a hydrotherapy treadmill facility. This system can be installed in existing, new and specialist pools.



Integrated Treadmill

The Fusion intergrated is a simple solution to add a hydrotherapy treadmill to a new moving or fixed floor pool.





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Sold through our International Distributor Network
Call us to get help planning your project with site surveys, layout design and installation.

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