

What is hydrotherapy?

Research shows that swimming can be a real benefit to dogs with a variety of conditions. The word 'hydrotherapy' is derived from the Greek word 'hydro' (water) and 'therapeia' (healing).

The benefit of hydrotherapy in rehabilitation has long been recognised. The weight-bearing exercise of damaged or repairing limbs and supporting tissue helps speed their recovery. Muscle wastage can occur very quickly if a painful limb is not being used properly. This can hinder recovery after surgery as the limb has to repair itself as well as correct muscle, tendon, ligament and soft tissue immobility.

A fun way to treat many conditions

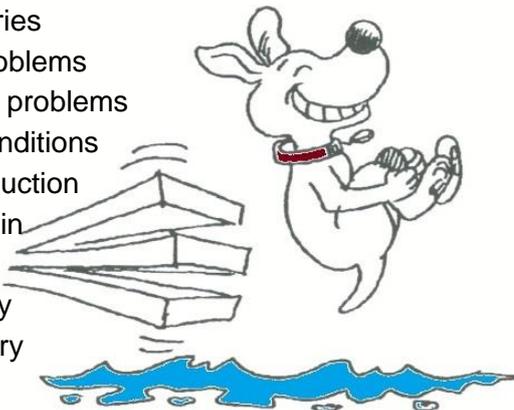
Most dogs love water and swimming in our hydrotherapy pool in a safe, comfortable and carefully controlled environment, which encourages low impact, non weight-bearing exercise. Following surgery, dog can swim as soon as the stitches are removed and wounds are healed. The warmth and the natural water pressure of our pool is comforting and an excellent way to reduce inflammation and regain mobility without putting unnecessary stress on joints.

The physical benefits

For dogs recovering from injury/surgery hydrotherapy is a pet service that can significantly increase the speed of recovery. Swimming involves all muscles normally used in movement, but without risk of further injury that can be caused by sudden twists, stops and falls on hard ground. This makes hydrotherapy a safe and effective form of exercise. Benefits of swimming and moving in water on the physical body are well known and have been used for centuries. Because of the increase resistance to movement, a 5 minute swim is equivalent to about a 5 mile run. The buoyancy of water supports and lessens stress on the joints, encourages freer movement and provides a safe environment for exercise.

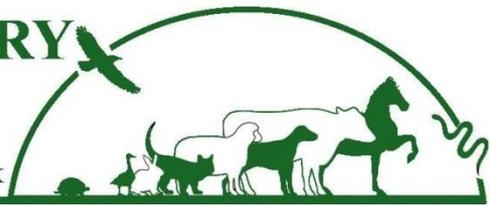
Conditions that may benefit:

- Joint injury / lameness
- Hip / elbow dysplasia
- Spinal injuries
- Mobility problems
- Circulatory problems
- Arthritic conditions
- Weight reduction
- Chronic pain
- Geriatrics
- Pre-surgery
- Post surgery



Warm water therapy may be perfect for:

- Loosening up tight muscles
- Increasing circulation
- Decreasing swelling
- Increasing endurance
- Increasing flexibility
- Increasing range and motion
- Increasing balance and co-ordination
- Increases body awareness
- Increasing muscle strength
- Building confidence and having fun!



What to expect?

A detailed case history will be needed and your dog will be assessed to enable us to tailor an individual therapy plan to suit their ability. Each dog will have their temperature, heart and breathing rate taken before and after each swim, this helps to monitor their fitness as it progresses. Each dog is showered before entering the pool and fitted with a buoyancy aid (jacket). Your dog may only initially swim for a few minutes as hydrotherapy is physically and mentally demanding. The life jacket is worn until dogs are confident and swimming well, then enabling just a harness to be worn as a minimum safety requirement. We will introduce the underwater jets when your dog is adequately fit and requiring additional resistance in the water. Our aim is to make their experience as enjoyable as possible and to allow a trusting bond to develop, this will enable your dog to benefit from the best exercise regime possible and see their treatment as a positive experience.

