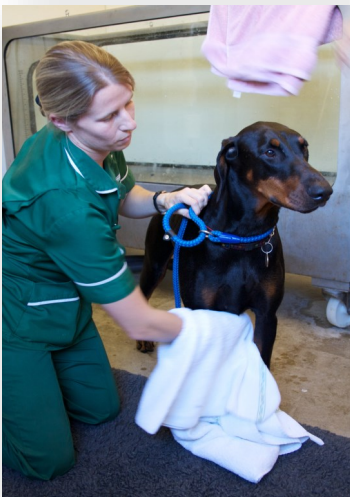
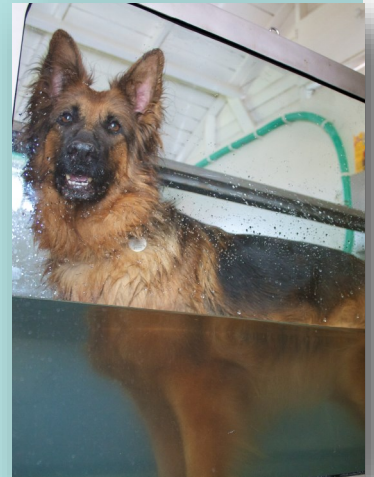




## HYDROTHERAPY AT H&J

Hydrotherapy uses the properties of water-buoyancy, viscosity, resistance and hydrostatic pressure to enable a dog to move their joints. The warmth of the water provides a medium that assists with pain relief and the reduction of muscle spasms.

We find hydrotherapy to be a very useful tool in the rehabilitation of dogs of all sizes and breeds, with a variety of orthopaedic problems. Typically, hydrotherapy is used after cruciate or patella surgery, to ease arthritis, to increase mobility and as an integral part of a weight loss programme. The water makes the body buoyant so when submerged the weight of the body is supported, this means the dog is not fighting gravity. The buoyancy of the water reduces stress on their joints and this creates a much safer environment for exercise. Hydrotherapy can also improve balance, co-ordination and increase overall energy levels all while reducing pain and stress on the limbs.



At our House & Jackson hospital in Blackmore we have an underwater treadmill. Underwater treadmills are typically used for dogs with joint problems. Picture a treadmill encased in a glass chamber, the dog enters the chamber, the door is closed and the warm water fills up to a level according to the treatment needed. The dog begins to walk on the treadmill and the water creates the resistance needed to strengthen the muscles in a low impact environment, increasing joint flexibility and reducing joint pain. Muscle strength, cardiovascular endurance and increased range of motion are added benefits.

The first session is very gentle so it does not exhaust the patient and overtire the muscles. It also gives us a bench mark for the sessions that follow. Dogs are towel dried at the end of the session.

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### Price Guide

- ◆ Hydrotherapy Session £32.51 (per session for the first 10 sessions)
- ◆ Hydrotherapy Maintenance Session £25.99 (per session after initial 10 sessions)

Normally a course of 10 sessions is recommended over a period of several weeks to establish progress and benefit of this adjuvant treatment.

**For more information please contact Kathy or the Hydro nurse on duty on 01277 823858.**

