THE KEY AIMS OF REHABILITATION HYDROTHERAPY ARE:
• optimising healing
• protecting surgical site
• minimising negative effects of injury and disease processes
• improving mobility and joint function
• restoring muscle strength and extensibility
• facilitating proprioception, co-ordination and balance reactions
• preventing compensations
• accelerating return to function and performance
• minimising re-injury or recurrent problems

HYDROTHERAPY PROVIDES A LOW-IMPACT, BUT EFFECTIVE FORM OF EXERCISE AND IS USED TO TREAT A VARIETY OF CONDITIONS INCLUDING:
• Pre and Post Operative Conditions
• Neurological and spinal conditions – both surgical and non-surgical
• Arthritis management
• Pain Management
• Hip Dysplasia/Elbow Dysplasia both pre and post surgery
• Rehabilitation following accident or injury.
• Obesity & Weight Management
• Geriatric Related Problems

OUT-PATIENT HYDROTHERAPY
Our Hydrotherapy team are also able to offer a Hydrotherapy Referral Service, taking referrals for Hydrotherapy from other veterinary practices

Any initial veterinary surgery, intervention or medications are often just the start of the animal’s journey back to full health. Hydrotherapy programmes, often integrated with a Physiotherapy programme helps us to aid the animals recovery and to ensure the animals full potential is reached.

If you would like to learn more about what we can offer please call and ask to speak to one of the Hydrotherapists.

WHAT IS HYDROTHERAPY REHABILITATION AND HOW CAN IT HELP MY DOG?
At Wear Referrals we are committed to working with you, your dog and the veterinary team to ensure that your dog receives the highest quality treatment available.

The goal of rehabilitation, in combination with medical and surgical care, is to restore normal or near-normal mobility and musculoskeletal function. Our Hydrotherapy Rehabilitation team will work with you and your dog to help them return to the best mobility possible and to aid with their quality of life. That is why we have developed and implemented recognised standards and rehabilitation procedures to provide you, your vet and your insurance company with the confidence that your dogs recovery and rehabilitation is in the best hands.

Rehabilitation is the final, but possibly the most important, step to fetching an animal back to full fitness. For our pets to return to the best possible form and function we would always recommend Rehabilitation following illness, injury or surgery especially Orthopaedic and spinal or neurological patients.

Hydrotherapy is the use of controlled aquatic exercises which enables movement without the associated stresses, pressure and impact which land based movement may create. In the recovering patient land based exercise and repetitive movement may damage or cause weakness within the skeletal/muscular system. Our Hydrotherapy Rehab team will utilise manual therapies including massage, stretching, passive range-of-motion (ROM) exercises, and joint mobilization techniques to aid improve movement and function whilst using the therapeutic properties of the water.

Hydrotherapy Rehabilitation can assist dogs of all levels of fitness, it is not only suitable for injured or surgical dogs. As Rehabilitation professionals we will adapt our process to suit the individual patient in front of us at the time of consult and also ensure the owner is fully aware of our reasoning and the treatment procedures we will be applying.

Our Therapists not only provide a service during rehabilitation sessions, but also participate in helping to design daily home plans. Clients often benefit greatly from receiving specific guidance following their pet’s injury or surgery. We can also assist in the purchase and fitting of harnesses, slings and other rehabilitation aids if required.

BENEFITS OF HYDROTHERAPY
• Relieves pain and swelling
• Increased tissue healing times
• Alleviates muscle spasms
• Increases and improves Range of Motion within the joints
• Improves circulation
• Improves Cardiovascular fitness (Heart and lungs)
• Increases muscle strength and maintains musculature
• Improves the patients rate of recovery
• Improved muscle strength and tone
• Improved movement and function
• Improved mental well being
• Improved gait patterns

Hydrotherapy used in conjunction with veterinary treatment can significantly improve the quality and rate of healing following surgery or traumatic injury.
After surgery the careful use of hydrotherapy can help with rehabilitation and increase the chance of a successful return to full fitness and mobility. Enhancing general health and fitness can aid convalescence and speed up recovery.

Hydrotherapy has specific effects on the body tissues. We use water heated to 29-32 degrees C, the optimum temperatures to provide pain relief and improve blood circulation which in turn helps to relax the muscles and relieve any form of stiffness within the joints and muscles.

**WHAT TO EXPECT DURING A HYDROTHERAPY SESSION**

Our Hydrotherapy team are able to provide day time, evening and weekend appointments for Out Patients. On arrival you will be met by one of the Hydrotherapy team and brought through to the Hydrotherapy suite.

Whilst your dog is making themselves comfortable and relaxing in the Hydro’ suite our team have the opportunity to discuss with you your dogs progress at home and talk through process we shall be undertaking with your dog during the session. This is also an ideal time for you to ask us any questions or advise us of any changes and improvements in your dogs mobility and demeanour.

All dogs are individuals regardless of the reason for their referral to us and we fully recognise that your dogs will take time to adjust to the new surroundings and being handled by one of our team. We always work ‘with your dog, not on your dog’ and through the use of Therapeutic Handling and recognising your dogs body language and signalment we are able to form a working relationship with our dog and progress the hydrotherpay treatment at a pace which they are comfortable with.

Initial consultation consists of a land base assessment, treatment plan and initial home programme.

Please allow for up to 40 mins for the first consultation

**EACH TREATMENT PROGRAMME IS BESPOKE AND DESIGNED AROUND YOUR PETS NEEDS AND GOALS, THE TREATMENT PROGRAMME MAY INCLUDE:**

- Hydrotherapy and aquatic therapies using our heated Underwater Treadmills and therapeutic showering system.
- Manual therapies such as joint mobilisation and massage.
- Soft tissue mobilisation therapies such as Myofascial release techniques (MFR).
- Proprioceptive enriched rehabilitation exercises such as core stability work and strengthening.
- Electrotherapies such as pulsed electromagnatherapy.
- Therapeutic handling and positive behavioural modification techniques.
- Thermoherapy and cryotherapy.
- Expert advice and specific home programmes tailored to each animal patient.

All of our animal patients continually undergo re-assessments during each appointment to ensure the short and long treatment term goals are being met.

**WHY DO WE USE UNDERWATER TREADMILLS ?**

To aid your dogs return to fitness we shall be using Canine Aquatic Underwater Treadmills. Because Underwater Treadmill walking has little or no impact on the joints it can benefit dogs who are effected by orthopaedic or neurological conditions.

Like humans dogs use different muscle groups during walk and swim, as we are helping your dog to weight bear and walk efficiently we choose to utilise Underwater Treadmills. Our state-of-the-art Hydrotherapy facility includes a computerised water treadmill and a Physio-Tech Underwater Treadmill. The flexibility provided by our two different Underwater Treadmills allows us to successfully rehabilitate dogs of the smallest breeds up to Giants. Your dog will be introduced to the underwater treadmill with one of our therapists, they will be acclimatised slowly until they have gained confidence. Water in the treadmill is heated to 32 degrees and the computerised control allows us to accurately control the parameters of speed, depth and incline of the treadmill. Gentle ramps ensure that entry and exit are easy and stress free.

The hydrotherapist who accompanies your dog in the Underwater treadmill will employ a series of in-water Physiotherapy techniques as well as gentle hands on methods to reassure your dog and help them feel comfortable in the water. We may use myofacial release methods to help gently ease muscular tension and massage to relax and stimulate muscles as well as easing areas of tension. All of this will take place before we ask your dog to walk forward on the treadmill. The most important thing for us to achieve is a dog who is comfortable in the water and happy to weight bear on their limbs, fire up their muscles and work with us to aid a return to the best possible form and function for the individual.