

# REHABILITATION FOR YOUR DOG



THE  
**CANINEFITNESS**  
CENTRE

[WWW.THECANINEFITNESSCENTRE.CO.UK](http://WWW.THECANINEFITNESSCENTRE.CO.UK)



**Lameness Investigation**

**Early Disease Detection**

**Pain Evaluation**

**Treatment Monitoring**



**Non-invasive, Sedation Free Imaging**  
Assisting canine diagnosis, treatment and rehabilitation

**PHYSIOLOGICAL IMAGING AT THE CANINE FITNESS CENTRE**



## **YOUR DOG'S JOURNEY BEGINS HERE**

You're about to begin a journey to transform your dog's life. Whether your dog is having surgery, they have a condition that needs managing, or you need to improve their overall fitness then we're here to help you on that journey.

We've written this handy guide because it can often be a scary world trying to decipher what the best next steps to take are for your best friend.

In this guide we'll walk you through an overview of your dogs rehabilitative and fitness journey. We've been in your position, we've been thrown Veterinary language that's baffled us, we've worried about our dogs, but now we're here to help you.

Trust us, you're in safe hands.

# CANINE REHABILITATION

Physical therapies for rehabilitation of dogs are now commonplace as a means to enhance recovery much like it is in human medicine and surgery.



Physical rehabilitation isn't just limited to supporting dogs with orthopaedic and neurological problems but also provides preventative treatments that support weight reduction, cardiorespiratory fitness, and maintenance of muscle strength.

The job of your rehabilitation practitioner is to use noninvasive techniques to alleviate impairment and functional limitations by designing, implementing, and modifying therapeutic treatment plans.



**IDENTIFY AND  
ALLEVIATE  
PAIN SOURCES**

**STIMULATE  
BLOOD FLOW  
& NERVOUS  
SYSTEMS TO  
PROMOTE  
HEALING**

**REDUCE RISKS  
OF INJURY  
THROUGH  
PHYSIOLOGICAL  
CONDITIONING**

**DEVELOP  
MUSCLES TO  
SUPPORT THE  
SKELETAL  
SYSTEM**

**RESTORE &  
PROMOTE  
OPTIMAL  
KINETIC  
FUNCTION**

**MANAGE  
WEIGHT TO  
IMPROVE  
HEALTH &  
WELLBEING**

# STRENGTH & FITNESS

Rehabilitation isn't just a post-operative 'thing' - it's a fabulous way of preventing injury, maintaining health and managing non-operative conditions.

Many older dogs suffer **muscle wasting**, particularly in the back legs. Physiotherapy, aquatic work and a home exercise programmes will help maintain and even increase muscle mass.

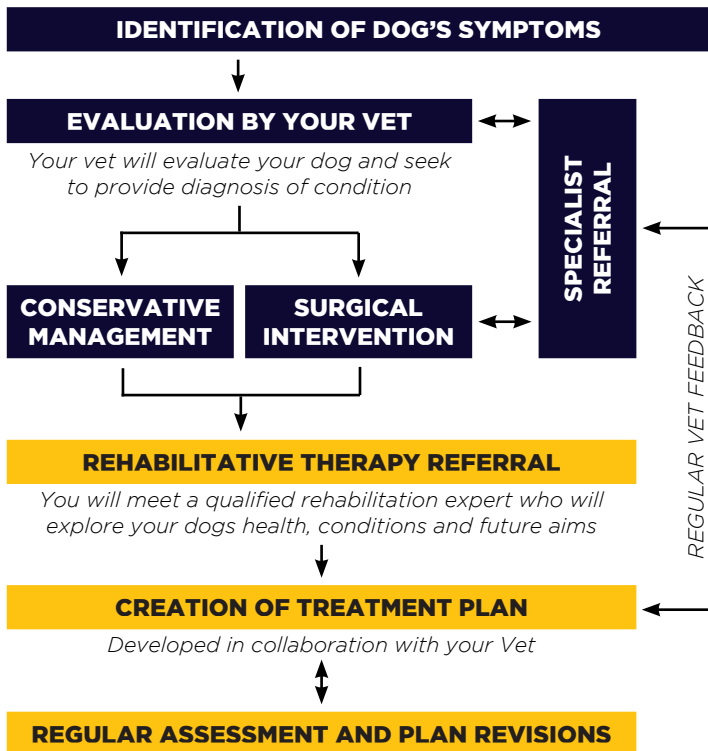
Overweight patients benefit from specialist nutritional advice and **fat burning exercise** without overloading the joints.

Physiotherapy, hydrotherapy and other complementary therapies are very useful for the **management of pain** in conjunction with, and without medication. These treatments are particularly useful in NSAID intolerant patients.



# WORKING AS A TEAM TO CARE FOR YOUR DOG

It can be a scary time when your dog has been diagnosed with a serious condition. Here is your first step - knowing what the rehabilitation journey looks like.



# YOUR REHABILITATION THERAPISTS

It's without doubt that your rehabilitation therapists need to be trusted by your dog. A relaxed dog, despite varying levels of pain, will respond better to therapeutic treatments. Equally though, you as the owner need to have trust in the skills, expertise and service standards of your therapist.

That's why we've hand picked practitioners at ***the Canine Fitness Centre*** who not only forge great connections with the animals they treat, but talk you through every step of the journey through their expertise and experience.

- ✔ MEMBERS OF THE **INSTITUTE OF REGISTERED VETERINARY & ANIMAL PHYSIOTHERAPISTS**
- ✔ MEMBERS OF THE **INSTITUTE OF REGISTERED CANINE HYDROTHERAPISTS**
- ✔ **PROFESSIONALLY TRAINED AND ACCREDITED**
- ✔ UNDERTAKEN EXTENSIVE **CONTINUOUS PROFESSIONAL DEVELOPMENT**
- ✔ QUALIFIED IN **SMALL ANIMAL FIRST AID**
- ✔ **TRAINING PROVIDER** FOR SMALL ANIMAL THERAPISTS & VETERINARY PRACTITIONERS



**CHECK OUR CLIENT FEEDBACK ON GOOGLE**



# GETTING GOING WITH REHAB



## YOUR REHABILITATION CONSULT

**A 60-90 MINUTE SESSION THAT TYPICALLY INCLUDES:**

- ➔ REVIEW OF FULL CLINICAL HISTORY
- ➔ STANCE ANALYSIS
- ➔ GAIT ANALYSIS
- ➔ MUSCLE MEASUREMENTS
- ➔ WEIGHT CHECKS
- ➔ MASSAGE TECHNIQUES
- ➔ JOINT MANIPULATION
- ➔ BUOYANCY/HARNESS FITTING
- ➔ VIDEO ANALYSIS
- ➔ TRAINING FOR HOME EXERCISES
- ➔ GOAL SETTING
- ➔ TREATMENT PLANNING

REVIEW CYCLE

## THERAPEUTIC TREATMENT DELIVERY

# THERAPEUTIC TREATMENTS

## **ACUPUNCTURE**

Stimulates the body's repair mechanisms in the nervous system, immune system, and cellular systems.

*\*DELIVERED OFFSITE\**

## **CHIROPRACTIC**

Restores the correct movement and function of the musculoskeletal system using manipulation.

## **CLINICAL MASSAGE**

Removes trigger points and spasms and to normalise muscular function and activity.

## **ELECTRO STIMULATION**

Elicits muscle contraction using electrical impulses to increase strength and endurance of muscles.

## **HYDROTHERAPY**

Warm water and hydrostatic pressure assists with pain relief and the reduction of muscle spasms and swelling. Buoyancy allows a greater ability to mobilise and create normal movement patterns whilst developing muscle. Cardiovascular fitness can be increased more easily in the water than land.

## **LASER THERAPY**

Non-invasive light energy generates a healing response in damaged tissues. Used to alleviate pain, reduce inflammation, & accelerate recovery.

## **THERAPEUTIC EXERCISES**

Mobilisation, strengthening, and balance work that target the major supportive muscles groups to restore full functional activities, re-educate gait and develop proprioceptive awareness.

## **RHYTHMIC PATTERNING**

Controlled motion that stimulates postural muscle development and natural balance.

## **ELECTRO MAGNETIC**

Jump start and accelerate normal biological cellular reactions that decrease inflammation and pain, increase the rate of tissue repair and regeneration, and heal bone fractures.

## **THERMOTHERAPY**

Hot & cold treatments to decrease pain perception, manage blood flow and inflammation, and increase muscle flexibility.

**PLEASE NOTE** THAT BY LAW TREATMENTS MAY ONLY BE DELIVERED BY A QUALIFIED PRACTITIONER.

# COMMON TREATED CONDITIONS

Rehabilitation therapy is a key component in helping aid the recovery from a variety of neurological and orthopaedic conditions. Once the vet has diagnosed your pet and completed any surgeries, **the Canine Fitness Centre** can step in to aid the road to recovery.

## SHOULDER CONDITIONS

- Articular Fractures of the Shoulder
  - Bicipital Tenosynovitis
  - Fibrotic Contracture of Infraspinatus Muscle
  - Medial Shoulder Instability
  - Shoulder Dislocation
  - Teres Minor Strain
- 

## ELBOW CONDITIONS

- Articular Fractures of the Elbow
  - Elbow Dysplasia
  - Fragmented Medial Coronoid Process
  - Osteochondritis Dissecans of the Elbow
  - Ununited Anconeal Process
  - Elbow Incongruity
  - Elbow Dislocation
- 

## PELVIS & HIP CONDITIONS

- Hip Dysplasia
  - Legg-Calve-Perthes Disease
  - Pelvic Fractures
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## THIGH CONDITIONS

- Femoral Fractures
- Quadriceps Contracture
- Muscle Strain
- Thigh Muscle Tension



## **STIFLE CONDITIONS**

- Articular Fractures of the Stifle
  - Cranial Cruciate Ligament Rupture
  - Caudal Cruciate Ligament Rupture
  - Osteochondritis Dissecans of the Stifle
  - Patellar (kneecap) Dislocation
  - Rupture of the Patellar Tendon
  - Stifle Dislocation
- 

## **OTHER ORTHOPAEDIC CONDITIONS**

- Avulsion of the Tibial Tuberosity
  - Carpal Hyperextension
  - Contracture of flexors
  - Dislocations
  - Fractures of the digits, carpals and metacarpals
  - Injuries to the Achilles Tendon
  - Limb fractures
  - Osteochondritis Dissecans of the Tarsus
  - Tarsal Dislocation
  - Trauma to tendons
- 

## **NEUROLOGICAL CONDITIONS**

- Atlantoaxial Dislocation
- Cervical Spondylomyelopathy (Wobblers Syndrome)
- Degenerative Lumbosacral Stenosis
- Degenerative Myelopathy
- Discospondylitis
- Fibrocartilaginous Embolic Myelopathy
- Intervertebral Disc Disease
- Peripheral Nerve Injury
- Spinal Tumours
- Spinal Trauma
- Vestibular Disease

EXAMPLE TREATMENT PROGRAMMES CAN BE FOUND AT:  
**[WWW.THECANINEFITNESSCENTRE.CO.UK](http://WWW.THECANINEFITNESSCENTRE.CO.UK)**

# THE ROAD TO RECOVERY

Let's be upfront with this, we can't tell you in this little guide how long it's going to take to reach the goals for your dog, because every condition, surgery and breed is completely different. What we can say is that it's going to be a unique journey for you and your dog, and there is no miracle fix.




On average most post-operative rehabilitative cases should see significant improvements within 10 weeks. Chronic conditions may need regular treatment for as little as a few months to stabilise the situation but could be part of your dogs life until they are no longer with us.

Sessions at **the Canine Fitness Centre** are all priced to help maximise your budget and are generally covered by your Pet Insurance plan so do check your policy!



**Based on standardised veterinary protocols, completion of home exercise programmes and regular attendance to therapeutic treatment clinics, below are guidance minimum treatment plan lengths:**

Cervical Spondylomyelopathy	8 Weeks	
Cruciate Ligament Rupture	12 Weeks	 
Degenerative Myelopathy	Variable	
Distal Femoral Physeal Fractures	8 Weeks	
Elbow Dysplasia	12 Weeks	
Fibrocartilaginuous Embolic Myelopathy	6 Weeks	
Femoral Head and Neck Osteotomy	9 Weeks	
Hip Dysplasia	12 Weeks	
Osteoarthritis	Variable	
Patella Luxation Repair	8 Weeks	
Thoracolumbar IVDE (Post Operative)	6 Weeks	
Total Hip Replacement	16 Weeks	

*Conditions marked with  are likely to also benefit from pre-operative rehabilitation. Conditions marked  are likely to benefit from intensive rehabilitation at certain stages of the programme, attending more than once per week. Conditions marked  are typically life-long and chronic conditions and regular attendance will benefit their quality of life.*

PLEASE REMEMBER EACH DOG IS UNIQUE IN HOW IT RESPONDS TO TREATMENTS. THE FIGURES DISPLAYED ON THIS PAGE ARE FOR GUIDANCE PURPOSES ONLY

# SPORTING & WORKING DOGS



Many working dogs and sports dogs pick up injuries which are commonly not picked up in general practice. This is mostly due to the drive of the dog to carry on training and competing regardless of pain.

We are used to seeing these dogs and examining them in different ways. Signs of a problem in the canine athlete may not even be a limp. Owners may start to notice changes in their dog if their time is slower than usual, they've started to knock down poles or are running under jumps.

Our services can help your dog to run faster, avoid and recover from injury, turn sharper and compete for longer. Treatments at our clinic can improve your dog's performance as well as maintaining a happy, healthy life. We understand how focused sporting dogs are, and how to help each individual dog to better their field..



# GERIATRIC & ARTHRITIC DOGS

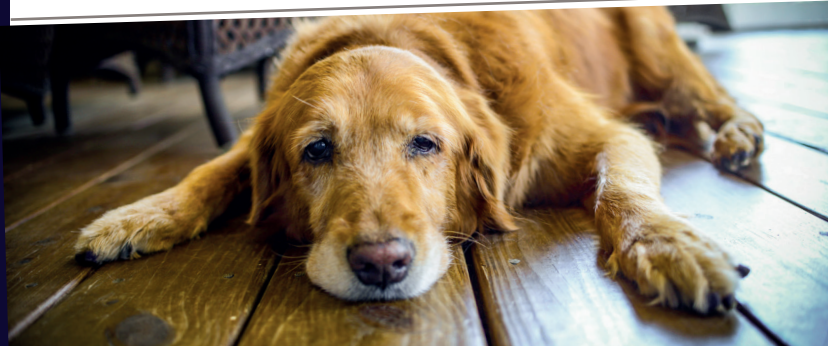
**Geriatric (dogs typically aged 8+) and arthritic dogs have specific medical and rehabilitation needs linked to their progressive loss of mobility and prevalence of chronic conditions.**

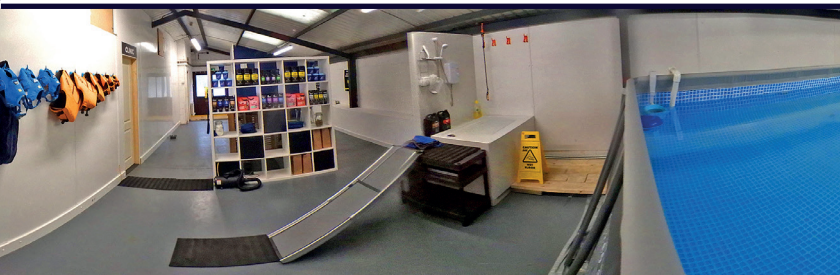
A large number of the dogs we see fall in this category as we help owners to manage lifestyle changes, pain management, weight management and ultimately the quality of life.

Whilst we might not be able to extend your dogs natural life expectancy we can definitely help them live their best possible adult life.

Arthritis is just as uncomfortable for animals as it is for humans, and is a common problem for many dogs. Whilst typically seen in older dogs, the condition can develop at any time, and it is commonly worse in overweight & unfit dogs.

Physiotherapy, hydrotherapy and a weight management programme can help to relieve some of the pressure on the joints, by maximising the range of movement and fitness of the muscles.





## **YOUR INTEGRATED CANINE REHABILITATION & FITNESS CENTRE**

We combine the expertise and specialist disciplines of our resident veterinary care experts across a broad range of rehabilitation programmes for dogs and small animals. Our approach is to work closely with your Veterinary surgeon and cross refer to different therapists as appropriate to the condition of your animal so that they always get the most suitable treatment.

### **LAND BASED**

- Fully Equipped Dog Gym
- Balance Equipment
- Stance Analysis System
- Slow Motion Video
- Thermal Imaging
- Canine Treadmill
- Weighing Scale
- Large Massage Bed

### **WATER BASED**

- Large heated pool
- Shower facilities
- Underwater video

### **OUTDOOR**

- Secure Exercise Paddock
- Sensory Garden



**ENQUIRIES@THECANINEFITNESSCENTRE.CO.UK**  
**M.ME/THECANINEFITNESSCENTRE**  
**(+44) 02392 16 22 23**



## **GOLD STANDARD SERVICE**

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Our rehabilitation experts are all registered members of the Institute of Registered Veterinary & Animal Physiotherapists setting the very highest of clinical standards. We are fully insured and importantly audited by Vet practices to ensure they are comfortable referring to us.

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## **EQUIPMENT HIRE**

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We have a wide variety of physiotherapeutic equipment to hire which means under the guidance of our physiotherapists you can continue the work at home!

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## **INDEPTH KNOWLEDGE**

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Did you know a dog does 60% less work in the pool in a buoyancy aid than a harness? Or that a dog jumping out of a Landrover loads 6x the normal force on their fore-limbs? Probably not, but we do, which is why you can trust in the advice, handling and guidance our therapists provide.



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**POST OPERATIVE REHAB  
CANINE HYDROTHERAPY  
THERMOGRAPHIC IMAGING  
VETERINARY PHYSIOTHERAPY  
AQUATIC THERAPY  
MASSAGE THERAPY  
THERAPEUTIC LASER  
HOME EXERCISE  
SPORTS CONDITIONING  
THERAPEUTIC ULTRA SOUND  
ELECTRO STIMULATION**

