

# Is hydrotherapy right for my pet?

HYDROTHERAPY MEANS "WATER HEALING"



## 1.) HOW DOES HYDROTHERAPY HELP?

The buoyancy of and relaxing effect of warm water create a safe and comfortable environment for recovery from injury. Hydrotherapy can improve flexibility and decrease pain. Improved muscle strength, fitness, circulation, and range of motion are additional benefits.

## 2.) WHAT IS AN UNDERWATER TREADMILL?

An Underwater Treadmill is basically a regular treadmill in a small warm water tank where water fills to adjustable levels depending on the pet's size. The water creates resistance and provides buoyancy which strengthens muscles in a low-impact environment.



## 3.) WHO CAN BENEFIT?

Hydrotherapy is beneficial for dogs (and yes, even cats) who are recovering from injury or surgery, suffer from any lameness, and paralyzed pets. Hydrotherapy is especially beneficial for dogs who suffer from arthritis because the warm water helps reduce joint pain and improve circulation.

## 4.) MY DOG JUST HAD SURGERY, WHEN CAN HE START HYDROTHERAPY?

Hydrotherapy can help dogs and cats suffering from fractures, hip and elbow dysplasia, the amputation of a limb, ACL tears, and neurological disorders recover after surgery. In general, therapy can start after stitches are removed and the surgeon releases the pet for rehabilitation therapy, usually 2-4 weeks after surgery. Often pain management, acupuncture, laser therapy, and physical rehabilitation will start prior to hydrotherapy.



## 5) A FEW MORE GREAT THINGS ABOUT HYDROTHERAPY

Hydrotherapy can help overweight dogs slim down. Agility, working, and hunting dogs use hydrotherapy to stay in top physical condition. Reactive dogs, destructive dogs, or fearful dogs often benefit from the relaxing properties of warm water and exercise. And if your worried about putting your wet dog back in your car, well, they don't get that wet (only their underside and legs are wet) and we'll towel them dry for you!



*"It's a dog's life, let's make it the best life."*

