Hydrotherapy

Hydrotherapy is a therapy using warm water that is carried out by qualified and trained hydrotherapists and physiotherapists. Using purpose built and appropriately heated hydrotherapy pools, underwater treadmills, water jets and hot spas, the aim of hydrotherapy is to improve the animal’s mobility, rate of healing and range of movement.

Careful use of hydrotherapy alongside veterinary treatment can significantly help with rehabilitation and speed up the process of healing and restoration of function and fitness.

Swimming is an excellent form of exercise as most of the muscles used in movement are involved but without the stresses caused by motion on hard land. When on land, each foot step creates a shock wave which travels up the leg to be absorbed by bones, joints, ligaments, muscles and tendons. Whilst some stress is normal and necessary to maintain healthy bones and joints, severe or repetitive impact can adversely affect limbs and joints that are recovering from surgery or injury. Degenerate (“arthritic”) joints are especially vulnerable to adverse consequences from impact. Hydrotherapy in a pool or using an underwater treadmill allows exercise, movement of joints and the strengthening of muscles whilst avoiding this potentially damaging concussion. In addition, because of the increased resistance to movement offered by water, the muscles have to work harder than they would on land when they are only working against air resistance and friction.

Hydrotherapists make rehabilitation as fun and as stress free as possible for their patients. It is quite common for owners to continue with hydrotherapy for their pets long after the healing process has taken place, (although pet insurance companies will only pay for rehabilitation treatment).

We recommend that you only choose a CHA or NARCH registered hydrotherapy centre as this will ensure a professional service from highly qualified and experienced hydrotherapists. More information on hydrotherapy and help with finding a good hydrotherapist near you can be found on the CHA and NARCH web sites.

www.canine-hydrotherapy.org  www.narch.org.uk

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Reputable centres that we work with closely, and which we particularly recommend, include:

Adams Canine Hydrotherapy (CHA)
Unit N, Rhino Business Park, Castlepoint Park, Fauld Lane, Tutbury, Staffs, DE13 9HS, 01283 521699
www.adamscaninehydrotherapy.co.uk
adamsagility@ntlworld.com

Ashbourne Canine Hydrotherapy Centre (CHA)
1 Yeldersley Hall Cottages, Yeldersley, Nr Ashbourne, Derbyshire, DE6 1LS, 01335 344476
www.ashbournecaninehydrotherapy.co.uk
info@ashbournecaninehydrotherapy.co.uk

K9 Hydro Partnership
Birmingham, B6 4PT, 0121 359 7000
k9-hydro@hotmail.co.uk
k9hydro.org

Woof ’n’ Water Ltd
Smethwick B66 1NX, 0121 558 5020
enquiries@woofnwater.demon.co.uk
www.woofnwater.co.uk

Hawksmoor
Nr Nuneaton, CV10 0TQ, 024 7635 0221
susan.hawkins@btconnect.com
www.hawksmoorhydrotherapy.com

For further advice please contact us by phone on 07944 105501 or at mail@wm-referrals.com

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