

The conditions mentioned in this brochure that can be assisted by hydrotherapy are incomplete as space is limited. If you are in any doubt either call your veterinary surgeon or call us for other ailments where hydrotherapy has been beneficial. It is also good for fitness in healthy dogs.

We offer our patients a **121** service to promote quick recovery and complete safety.

Insurance

Many insurance companies will pay for your pet's hydrotherapy treatment. We offer all our patients a **121** service to promote quick recovery and complete safety.

121 Animal Therapy is a member of the Canine hydrotherapy Association (CHA).

All our staff are fully trained and hold any relevant qualifications. Certificates are available for inspection.

Discount available for block bookings paid in advance.

Alternative Therapies

We work in conjunction with other specialists and are able to offer Physiotherapy, Acupuncture and Chiropractic treatments from specialists in these fields.

Call or send an email to us for further information, for prices or to make a booking.

Our website is regularly updated. Add it to your favourites!

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121 Animal Therapy

We will support you!



121 Animal Therapy

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Hydrotherapy Centre

In the hydrotherapy centre we aim to help our patients recover, or to give relief depending on their circumstances. We do this using our hydrotherapy equipment, which has been specially designed for animals.

The Pool

This is 10' x 8' with a depth of 4'. It has a wooden ramp on the outside and a stainless steel one leading into the pool. The temperature is kept between 25 and 30 degrees. There are swim jets that can be turned on to help build up the dog's muscles, as it gives a much greater resistance than just the water on its own.

The initial sessions will appear to be very short, but it is important to remember that we want to support the dog's recovery, which will not be achieved by overdoing the hydrotherapy treatment.

The water helps support the animal's body weight, so it is possible to start using and exercising limbs and muscles that the dog would not be able to support. It can also help cats in the same way.

The Spa

The spa is kept at 36 to 38 degrees. This provides all over even heat to the dog which helps to relax the muscles. It can be particularly helpful to dogs who suffer from chronic pain – arthritis for example. The air jets stimulate the skin, helping to promote blood circulation.

The Water Walker

This is a treadmill with water to help in different ways. As with the pool, the water

walker uses water at 25 to 30 degrees. The dog can benefit from the water helping to support its body weight. It can also be used to increase muscle, by reducing the level of the water – the resistance is still there, but the assistance with supporting the body weight can be removed. Think how much harder it is to walk in the sea, than on land.

Conditions Treated

Hydrotherapy benefits a range of conditions of the joints, muscles, bones and ligaments. It may assist some neurological conditions and can improve circulation. It speeds healing by reducing inflammation, stiffness and pain. It increases general fitness, helps with weight loss and will often increase a dog's mental health.

The rest of this page lists conditions that may benefit from hydrotherapy treatment. However, if your dog has been diagnosed with one of these conditions, please do not automatically assume that hydrotherapy is suitable. Your veterinary surgeon will decide if it is suitable and we'll follow their recommendations if they refer your dog to us.

Joint Conditions including: Cervical spondylopathy, hip or elbow dysplasia hip replacement operation recovery, intervertebral disc protrusion, Legg-Calve Perthes disease, luxating patella, osteoarthritis, osteochondritis dissecans (OCD)

Spinal conditions including spondylosis.

Muscle conditions including: soft tissue injuries, muscle wastage, muscle sprains, strains, spasms and ruptures, stiffness due to muscle damage.

Bone conditions including: bone fractures, osteotomy recovery, Tibial Plateau Levelling Osteotomy (T.P.L.O).

Ligament sprains and **tendon** rupture.

Circulatory conditions including: heart conditions, other cardiovascular or circulatory conditions, some skin conditions.

Neurological Conditions including: Chronic Degenerative Radiculomyelopathy (C.D.R.M), nerve damage, paralysis, spinal injuries, FCE.

Pre-operative conditioning such as muscle building and toning before surgery can prevent damage to the affected joints and reduces the rehabilitation time after the surgery. **Post-operative** therapy has similar benefits.

Hydrotherapy can also help with **pain relief**. It promotes relaxation and a release of feel-good endorphins. It is **mentally stimulating**. It can also assist as part of a weight loss program. Elderly or disabled dogs often find being weightless enables them to use their limbs freely in the water.

Weight loss: Hydrotherapy can help as part of a weight loss program.

Physical fitness: Working dogs, racing dogs, show dogs or those requiring stamina can also benefit from hydrotherapy sessions. Programs can be tailored to keep them in top physical condition by toning up the cardiovascular system, and strengthening and maintaining muscles, so building resistance to injury.