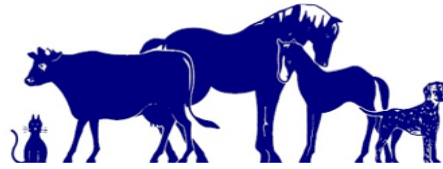


ABN 70 601 832 062



AJ & JL Williams Pty Ltd T/A

WANGARATTA VETERINARY CLINIC

3 Baker St, Wangaratta 3677 Ph (03) 5721 4000 Fax (03) 5722 1269

Friendly service and professional care for all.

PHYSIOTHERAPY

Hip Physiotherapy

For grown animals with hip laxity or arthritis

Arthritis is a degenerative condition of the joints where cartilage deteriorates and joint fluid, that lubricates the joints, is lost. Physiotherapy is an integral part of management with the aim to maintain good hip extension. Good physiotherapy and hip extension can be the difference between your pet showing mild clinical signs of pain associated with the hip arthritis and not.

- The most important part of the management of arthritis is your dog's weight. You must keep your pet in a very lean body condition (score 2). Don't worry if people are asking you if you are feeding enough! That is what we want!!!
- Supplements
Pentosan (cartrophen) injections provide some pain relief, increase the amount and quality of the joint fluid and helps to protect and repair damaged cartilage. Following the induction course these injections are usually maintained life-long on a monthly to three monthly basis. Repeat induction courses may be required based on individual patients needs.

Older patients with more progressed disease may require additional medications to manage their clinical signs.

- *At home supplements* such as Omega 3 fatty acids or glucosamine are ok to use and may provide some benefits in some patients.

The supplementing of these products can be achieved in the right ratios by starting a prescription diet such as Hill's J/D or Royal Canin Mobility.

Exercise program

The aim of the exercise program is to maintain or improve hip extension. As with anything in life, if you don't use it, you lose it! Whilst it may seem counterintuitive to maintain exercise in a dog that is showing signs of arthritic

pain, if we maintain good muscle mass and range of joint extension then we can reduce the severity of clinical signs.

The program includes:

- Twice daily controlled leash walking (not high speed off leash running). Start with for 20 minutes on flat ground. If your dog has not been doing 20 minutes exercise please build up in 5 minutes blocks every 3-5 days.
- After 20 minutes progress to up and down inclines, uneven ground and most beneficially, up stairs. This again must be controlled and slow paced to ensure the dog is using all four legs. The change in incline will help to maintain hip extension.

2-3 times a week, post walk, we do hip extension exercises:

- Stand to sit exercises 10-15 reps
- Obstacle course to improve proprioception 5 reps rest 1min then repeat 5 reps
- Dancing. Front paws up and a few steps with the dog moving forward (owner backwards). Down and rest then repeat.
After some time doing the program start moving the dog backwards, do not rush to this exercise it is the most advanced. Start with just a few controlled steps and increase to the animals capability up to 10 metres. This focuses on the hamstring muscles and aids co-ordination and proprioception.

Then our cool down exercises

- Range of motion hock, stifle, hip. Slow rhythmical circular motion moving the targeted joint through its comfortable rang. 15-20 reps to each joint.
- Stretch the hip to extension where you start to feel some resistance then gently push and hold for 15-20 seconds. We are not trying to cause pain during these exercises just a nice stretch like we would.

All exercises should not be of sufficient duration to exacerbate the patient lameness. If the animal is showing fatigue after just a few reps to not proceed to do more or break up into two sessions.

At the Wangaratta Vet Clinic we are lucky enough to have the talented nurse Peta Kelly, who is accredited in canine physiotherapy and rehabilitation. Peta provides physiotherapy consultations for all musculoskeletal conditions and for our post-surgical orthopaedic patients. Peta will not only assess the patients and their recovery, but will teach clients the appropriate at home exercises and regimes specific to their pet. If you would like to arrange a physiotherapy session, please contact reception 03 57214000.