



### *What is hydrotherapy and how will it benefit my dog?*

Hydrotherapy is a form of physiotherapy carried out in water. For most conditions where hydrotherapy has been recommended to you, either through a friend or your vet, the main reason your dog will be having difficulty is due to muscle wastage somewhere. The properties of water offer an environment in which your dog can exercise muscles, joint, ligaments and tendons without feeling any of the shocks they would when walking on land. The resistance created by moving through the water works the muscles much harder, whilst the buoyancy creates a greater range of movement in the limb, both help to increase that lost muscle tone which will help to support affected joints and and make your dog much stronger.

### *How long is each session?*

Our Initial Assessment lasts approx 1 hour. We will discuss your dogs condition with you, how long you have been noticing the issues, anything they are struggling to do at home, your current exercise regime and what your goals are. We will take some measurements which along with your observations at home will be used to assess progress. We can give you guidance on exercises you can carry out at home and any products on the market that we feel may be of benefit. We will look very closely at the way your dog is moving and establish the best way for you to be exercising them. The session will end with a very gentle introduction to the water. We will then build on this during future sessions. It is important for you to monitor how your dog is at home following each session and report back to us.

Each follow up session will be 30 minutes long.

### *What will my dog do in the water?*

All treatment is carried out in the under water treadmill. This means your dog will be walking through water rather than swimming. This is a functional movement so ensures your dog is building the muscles they need to carry out their day to day tasks. We are able to control the speed the dog is moving at so can ensure we are really targeting the areas that need strengthening. The first session is normally a bit scary for them especially if they're not keen on water. Don't be too concerned if they look a little worried. They soon get the hang of it. It is important to give them lots of reassurance. We take our time and try to keep them as calm as possible. Most of them grow to love it!

### *What do I need to do to be able to bring my dog to you for hydrotherapy?*

All dogs are treated under a veterinary referral. We will need your name and address, the dogs name and which veterinary practice you use to be able to obtain this from them. All you need to do is provide us with this information and arrange a suitable appointment time with us and we will do all the rest.

*Will my insurance policy cover me for hydrotherapy treatment?*

Yes, they should. We are full members of The Canine Hydrotherapy Association. This is the only stipulation most companies make. It is best to give them a call before attending sessions to confirm their policy as they are all slightly different. We are happy to complete claim forms for you as and when you require.

*How much does the treatment cost?*

Initial Consultation = £60

Follow up sessions = £40

10% discount for block of 10 sessions paid in advance= £360

*How often will I need to bring my dog?*

This is easier to answer once I have seen the dog and carried out an assessment, however, most dogs come to us once a week. 10 sessions is a good place to start. We will then review how they are getting on and may decide to sign them off or that they need further treatment on a maintenance programme.

*Do I stay there for the duration of the session?*

Yes, we find the owners are the best motivation going for the dogs we treat. They get quite anxious if they are left. We also need to be able to discuss treatment with you and advise you if we need to change anything at home.

*Do I need to bring anything with me?*

A towel for the car journey home. Any favourite treats or toys that may help to motivate them.

Please make sure your dog has been toileted before their session. There is a charge for defecating in the water due to the down time required to clean the system before it can be used again.

If you arrive early for your session please wait in the car until you are called in. We only treat one dog at a time and need to give them 100 percent of our attention. Your cooperation in this is gratefully appreciated.

*Do you offer any other treatments at Aqua Dogs?*

Yes, we work closely with a Chartered Veterinary Physiotherapist. If I feel your dog will also benefit from land based physiotherapy techniques I will discuss this further with you and arrange a referral and appointment.

They work to relieve the muscular soreness created by compensatory movement, which will enable your dog to move much more freely and gain extra benefit from their hydrotherapy treatment.

Visit [www.sarahpricephysio.com](http://www.sarahpricephysio.com) for more information.

Costs are £80 per session. They will usually be seen a few weeks after the first session and then less frequently. All sessions will be held at Aqua Dogs in our dedicated land based room.

We also offer acupuncture as a pain relief treatment at our centre. This has to be carried out by a vet. Caroline Southerden from St Davids Veterinary Centre holds a weekly clinic on a Friday afternoon.

Again if this is something I feel your dog will benefit from we can arrange an appointment for you. It is especially beneficial to patients that can't tolerate medication.

Costs are £37.50 for the first hour then £27.50 for half an hour.

#### *Where are you?*

Unit 3 Seawall Court, Seawall Road, Splott, Cardiff CF24 5PQ (CF24 5TH for sat nav)

If you head on to Rover Way, Tesco is on your right hand side. Seawall Road is the next right after Tesco. We are the last turning on the right off Seawall Road, after Torque Motors and before Pengam Moor Social Club.

#### *What are your opening hours?*

Monday	10-1
Tuesday	10-9
Wednesday	10-6
Thursday	10-6
Friday	10-6
Saturday	CLOSED
Sunday	CLOSED

We look forward to seeing you soon!