



The Balanced Canine

HYDROTHERAPY

Treatment Schedule

Dogs that are undergoing an underwater treadmill program for rehabilitation will need a vet referral form.

Below is a general guideline of program durations & general information for common conditions.

Stifle Surgery

- Commence at wound healing- approx. 2 weeks
- 1-3 times per week depending on muscle atrophy
- 6-12 week program depending on progress

Conservative Management of Anterior Cruciate Ligament (ACL)

- Commence on diagnosis
- Dog may need stifle braced if very unstable
- 1-3 times per week depending on muscle atrophy
- 6-12 week program depending on progress
- Long term treatment post initial program is beneficial

Conservative Management of Medial patella luxation (MPL)

- Commence on diagnosis
- 1-3 times per week depending on muscle atrophy
- 6-12 week program depending on progress
- Long term treatment post initial program is beneficial

Femoral Head and Neck Excision

- Commence at wound healing- approx. 2 weeks
- 1-2 times per week mild atrophy OR severe pain
- 2-3 times per week for moderate atrophy
- 8-16 week program depending on progress

Total Hip Replacement

- Commence at 6-8 weeks post-surgery
- 1-2 times per week mild atrophy
- 2-3 times per week for moderate atrophy
- 6-16 week program depending on progress

Hip Dysplasia– Conservative Management

- Start on diagnosis
- 1-2 times per week mild atrophy
- 2-3 times per week for moderate atrophy
- 6-12 week program initially
- Long term maintenance
- Building muscle bulk pre-surgery

Medial Shoulder Instability – Surgical Management

- Start at wound healing
- May need hobbles
- 1-2 times per week for mild atrophy
- 2-3 times per week for moderate atrophy
- 6-16 week program initially

Medial Shoulder Instability – Conservative Management

- Start on diagnosis
- May need hobbles
- 1-2 times per week for mild atrophy
- 2-3 times per week for moderate atrophy
- 6-24 week program initially
- Rehab can be prolonged

Elbow Dysplasia– Surgical Management

- Start on diagnosis
- 1-2 times per week for mild atrophy
- 2-3 times per week for moderate atrophy
- 6-16 week program initially
- Long term if Degenerative Joint Disease (DJD)

Fracture Repair

- Start on wound healing
- 1-2 times per week for mild atrophy
- 2-3 times per week for moderate atrophy
- 6-16 week program initially

Joint Arthrodesis (joint fusion)

- Start at bandage removal (6-8 weeks post-op)
- 1-2 times per week for mild atrophy
- 2-3 times per week for moderate atrophy
- 6-12 week program

Spinal Surgery – Cervical

- Start at wound healing
- 1-2 times per week for mild effects
- 2-3 times per week for moderate neuro affects
- 5 times per week (ideal) when non ambulant
- Duration of program dependent on recovery

Spinal Surgery – Cx, Tx & Lx

- Start at 2-3 days post-op (wound stays out of water)
- 1-2 times per week for mild effects
- 2-3 times per week for moderate neuro affects
- 5 times per week (ideal) when non ambulant
- Duration of program dependent on recovery

Spinal Surgery - LxSx

- Start at 2 weeks post-surgery
- 1-2 times per week for mild effects
- 2-3 times per week for moderate neuro affects
- Duration of program dependent on recovery

Fibrocartilaginous embolism (FCE)

- Start at 1 week post diagnosis
- 1-2 times per week for mild effects
- 2-3 times per week for moderate neuro affects
- 4-5 times per week for severe neuro deficits
- Duration of Program dependent on recovery

Fibrocartilaginous embolism (FCE) Cx

- Start on diagnosis
- 1-2 times per week for mild effects
- 2-3 times per week for moderate neuro affects
- Program may be ongoing
- Treatment will be deemed unsuitable if the dog remains non ambulant

Degenerative Myelopathy

- Start on diagnosis
- 1-2 times per week for mild deficits
- 2-3 times per week for moderate neuro deficits
- Program may be ongoing
- Treatment will be deemed unsuitable if the dog remains non ambulant

IVDD

- Start on diagnosis or on wound healing for dogs who had surgery
- 1-2 times per week for mild deficits
- 2-3 times per week for moderate neuro deficits
- Program may be ongoing
- Treatment will be deemed unsuitable if the dog remains non ambulant

General Arthritis

- Start on diagnosis
- 1-2 times per week for mild atrophy
- 2-3 times per week moderate atrophy
- Frequency dependent on muscle atrophy / debility
- 6-12 week program for muscle growth
- Long term if mobility is improving

Amputees

- Start on wound healing
- Swimming is typically better for front limb amputee's – refer to another clinic with a pool
- 1-2 times per week for mild atrophy
- 2-3 times per week moderate atrophy
- Frequency dependent on muscle atrophy / debility
- 6-12 week program for muscle growth

Weight loss

- Start ASAP
- 1-2 times per week for slower progress
- 2-3 times per week for more rapid loss
- Duration of program dependent on outcomes

Brachial Plexus Lesion

- Start on diagnosis
- 1-2 times per week for mild deficits
- 2-3 times per week moderate neuro deficits
- Progress depends on degree of damage
- May need a splint to protect the paw
- Duration of Program dependent on recovery

Polyradiculoneuritis

We are unable to provide two therapists that are required for these cases, these dogs will need to be referred onto a larger facility.