

Canine Elbow Dysplasia

Complementary Physiotherapy Treatments

The elbow joint consists of three bones, the radius, ulna and humerus which should grow and fit smoothly together to form the elbow joint. If this process is disrupted, elbow dysplasia may result.

The term 'elbow dysplasia' includes:

- FCP, (fragmented medial coronoid process)
- OCD (osteochondrosis dessicans)
- UAP (united anconeal process)

Typically it affects fast growing puppies (typically 5 – 7 months) of larger breeds (e.g. Bernese mountain dog, Labrador, GSD, Golden Retriever, and Rottweiler).

Canine elbow dysplasia is thought to be a polygenic, hereditary and developmental abnormal bone development disease. This causes joint incongruity which interferes with formation of the articular surfaces, resulting in friction and joint inflammation with consequential osteoarthritis.

Where physiotherapy has been recommended by your veterinary it will play an integral part in the treating, rehabilitation and long term management of the elbow joint and supporting ligaments, muscles and tendons.

Every dog is different, so the actual treatment plan will be tailored to your dog and its particular condition.

Benefits of Physiotherapy Treatments:

- Control pain, inflammation following surgery
- Improve joint range-of-movement
- Restoration of an even front-end weight distribution
- Reduce progression of osteoarthritis



Canine Elbow Dysplasia

Complementary Physiotherapy Post-surgery Treatments

Secondary Muscle Pain and Tension

Injured Area	Treatment Outline
Neck	LASER treatment using multi-frequency pulse MKW LASER 'comb' will help to relieve neck muscular tension . The MKW system reduces the reflection of the dog's coat which is particularly important in the neck area, where many dogs have extra hair. LASER treatment can be complemented by massage.
Opposite Limb	With an elbow problem, the opposite shoulder joint and corresponding muscles will incur more weight (bearing) than normal. This will induce extra strains and stresses resulting in increased tension in this contralateral limb. This large muscle group can be effectively treated with MKW LASER to reduce pain / inflammation . These sessions can be complemented with home treatments of NMES or PEMF.
Spine	Similar to the opposite limb, the spine can be subjected to compensatory stresses due to uneven weight loading. In particular the areas of the upper and lower back can become sore. Typical symptoms (of a sore back) include misalignment of vertebrae, difficulty in walking, being more sluggish than normal or even struggling to get up from laying down. MKW LASER treatments will reduce tension in even the deepest joints, ligaments and muscles of the spine.
Upper Arm (of Dysplasia Side)	The upper arm contains the triceps muscle. This muscle group maintains the elbow in an extended position while the dog stands, supporting its weight against the pull of gravity. NMES, massage and stretching can help to reduce muscle tension and restore flexibility to the elbow joint.

Treadmill Walking

Dogs find treadmill walking less painful as the belt provides assistance. Therefore it is very useful for encouraging weight bearing post-surgery and for continuing assessment of joint range-of-movement. An additional 5 sessions are proposed, building from around 5 to 10 minute walking periods.

Hiring Units

NMES and PEMF are suitable for home use and it is possible to hire these machine. For more details and pricing please visit <http://goo.gl/JuiMdZ>.

Note: Symptoms may worsen slightly after initial treatments due to the initiation of the healing process and is perfectly normal. Information given is for reference purposes and is not indicative of any particular treatment or outcome. Before any advice, treatment or consultation is entered into, you must agree to our terms and conditions of practice. Hiring an electrotherapy unit will require a refundable deposit.