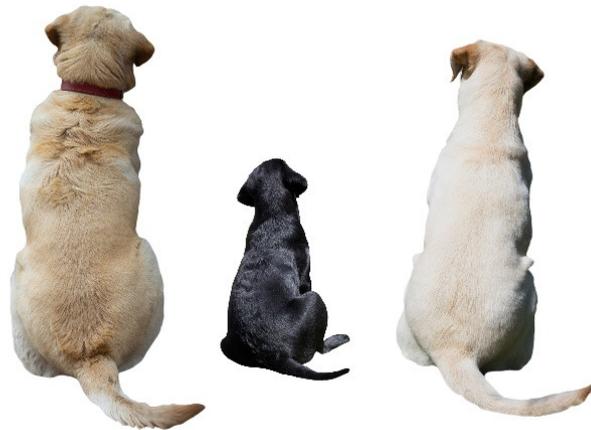


Canine Hip and Sacroiliac Joints

Physiotherapy Treatments

The hip joint, which bears a load proportional to the dogs' body weight during normal walking, increases (loading) to several times during faster gaits or jumping. Hip dysplasia is a common canine orthopaedic condition, especially in the larger breeds and is defined as *"failure of the hip joint to develop into a well seated and congruent joint"*.

Additionally the sacroiliac joint may show dysfunctions in combination with any hip joint problems. The sacroiliac joint is an important shock absorber and bears the weight of the rear-body when the dog is standing. Chronic overuse and micro trauma from daily repetitive activities may also affect this joint.



Conservative management of these issues can be an option where surgery has not been recommended for your dog. For post-surgery rehabilitation, studies have shown that physiotherapy helps prevent issues such as excessive fibrosis and loss of range-of-movement.

Additionally, complementary land-based treadmill exercise provides a controlled and effective method of joint rehabilitation. As well as re-establishing a more natural gait, it also helps build muscle tone. This provides improved joint support in the longer term.

Benefits of Physiotherapy Treatments:

- Control pain, inflammation and discomfort
- Improve range-of-movement, therefore improving quality of life
- Restore muscle tone and balance
- Rehabilitation and long-term maintenance programs to retain these benefits

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Treatment Options

Aim	Hip Dysplasia ¹	Osteoarthritis	Sacroiliac
Control pain, reduce tension/ inflammation	LASER treatment of the gluteal, adductor and groin and shoulder muscle groups.	PEMF alleviates OA pain and reduces inflammation, affords chondroprotection ² and helps in bone remodelling.	LASER treatment to the sacroiliac joint and surrounding muscles.
Restore voluntary / range-of-movement	Passive range-of-motion and slow walking using a double end lead. This encourages use of the muscle groups outlined above.	PEMF treatment coupled with range-of-movement exercises	Targeted stretching program focused on the sacroiliac joint and supporting muscles.
Improve proprioception	Slow controlled walking with simple obstacles to encourage joint flexion. Balance exercises including working on soft surfaces and standing on 3 legs.		
Restore muscle strength	NMES to the gluteal muscles coupled with strengthening exercises. Complementary shoulder manipulation.	Strength exercises and treadmill work. NMES can also be used to complement these exercises.	Treadmill work followed by balance and strengthening exercises.
Restore functional movement	Treadmill work, including incline and decline to build strength in hindlimb and groin muscle groups.	Controlled lead walking, play and exercise.	Advanced proprioception work including cavaletti, soft surface and step work.
Maintenance programs	Exercises including sit-to-stand, light jumping, hill walking, advanced proprioception.	Regular sessions of massage, thermotherapy and PEMF.	Recalls, fetching and light Agility exercises.

1. Outline schedule is for conservatively managed hip problems. Following any surgery, the first stages will focus on pain management using PEMF and NMES modalities. Post-surgery physiotherapy will depend on the type of surgery. For example triple pelvic osteotomy (TPO) total hip replacement (THR) or femoral head ostectomy (FHO) will require subtly different approaches.
2. Vetspec Mobility joint supplement is also recommended.

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. Each dog and case will be different and information is outlined 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.