

Canine Iliopsoas Strains

Physiotherapy Treatment for Your Dog

Iliopsoas strains are often caused by over-stretching during athletic activities. Symptoms include lameness, decreased hip joint extension as well as (specific to Agility) 'pole knocking' and missing weaves poles. Physiotherapy can play an important part in the rehabilitation of these injuries.

The iliopsoas muscles (psoas major and the iliacus muscles) arise from the under-side of the backbones and the inner side of the pelvis respectively. These two muscles join together attach onto the femur (thigh bone). They are responsible for moving the hind limb forward and important stabilisers of the hip joint and the vertebral column.



The risk of re-injury to a previously strained muscle is well established. Therefore rehabilitation using drug-free physiotherapy is a better option than simple 'rest' to help restore working performance. Both acute (recent) or chronic (longer term) strains of the iliopsoas muscle can be treated. Alternatively if your dog has undergone surgery, physiotherapy can also benefit its rehabilitation.

Benefits of Physiotherapy Treatments:

- Ease any inflammation, tension or swelling
- Breakdown scar tissue and adhesions to aid restoration of full range-of-movement
- Improve potential for the injury not to re-occur
- Reduction of the time to start working again

Canine Iliopsoas Strains

Physiotherapy Treatment for Your Dog

Treatment Options

Following the diagnosis and referral from your veterinary, we propose an initial review of your dog's history, working discipline and an agreement of rehabilitation aims. After this initial consultation, further treatment sessions will be required as outlined in the table below.

| Injured Type | Treatment Outline |
|------------------------------|---|
| Acute | Acute strains which are managed conservatively will involve Nogier G frequency LASER to reduce pain and inflammation . Owners can also choose to hire a PEMF unit for home use to supplement the LASER treatment. After 2 weeks, range-of-motion and light strengthening exercises can begin. Typically when the injured tissue reaches some 50% of its normal strength (~ 6 weeks), light work and a stretching regime can begin. |
| Chronic – Longer Term | If your dog is demonstrating reduced performance due an iliopsoas strain and there is limited or no obvious lameness, then the injury is likely to be older or 'chronic'. Palpation of these muscles will probably reveal excess scar tissue which limits the dog's range of movement and may be painful to the touch. Treatment will involve restarting the healing process with a course of therapeutic Ultrasound. This will help breakdown both scar tissue and associated adhesions. Friction massage, a targeted stretching program and exercises to build muscle strength will then help restore performance. An optional course of targeted NMES can complement the muscle strength building exercises. |
| Surgical | Post-surgery maintenance of limb range of motion (ROM) and strength in the supporting tissues are important factors in rehabilitation . After initially controlling any pain, swelling and inflammation, passive ROM exercises can be undertaken. These can be carried out in conjunction with NMES to limit muscle atrophy, adhesions and scar tissue. |

Treadmill Walking

After treatment sessions have restored muscle function, a treadmill program is recommended. Treadmill work allows refinement of hind limb muscle balance under controlled conditions. Blocks of 5 sessions are proposed.

Hiring Units

PEMF and NMES are suitable for home use and it is possible to hire these machines. 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.