

Canine Lumbar Strains

Physiotherapy Treatment for Your Dog

Common areas of strain in athletic dogs include the joints, ligaments and muscles of the lower back. Physiotherapy can play an important part in the rehabilitation of these injuries.

The canine low-back is very flexible and therefore prone to injury. The joints in this area are subject to axial rotation, lateral flexion and flexion-extension. Of particular interest are the joints around the 4th and 5th vertebrae which show the greatest amount of lateral bend. Dogs which have problems in this area might show a lack of willingness to work, be more sluggish than normal, 'measure' when jumping or even struggle to get up from laying down.

The risk of re-injury to a previously strained area is well established. Therefore rehabilitation using drug-free physiotherapy is a better option than simple 'rest' to help restore working performance.



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

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Treatment Options

Before commencing any treatment it is critical that neurological or orthopaedic conditions* are discounted by your veterinary as potential causes of your dog's discomfort. Following diagnosis and referral from your veterinary, we propose an initial review of your dog's history, working discipline and an agreement of rehabilitation aims. It should also be noted that tension in the lower back area may be a secondary issue caused by an injury or trauma elsewhere.

Initial treatment will concentrate relieving tension of both the major and smaller stabilising muscles using multi-frequency pulse LASER. We use the MKW system with the patented 'comb' which reduces the reflection of the dog's coat. Benefits of LASER include pain relief, a reduction of inflammation / swelling and improved joint mobility.



A further 5 LASER sessions are recommended based on the Nogier 'C' frequency which aids healing of joints, ligaments and muscles. These follow up sessions may also include massage, manipulation and stretching to encourage desired vertebrae alignment. Owners can also choose to hire a PEMF unit for home use to supplement the LASER treatment (see below).

Treadmill Walking

After treatments have reduced tension and restored mobilisation, rehabilitation can be further enhanced with a treadmill program. Treadmill work allows refinement of natural range-of-motion and muscle re-building and under controlled conditions. An additional 5 sessions are proposed, building from 5 to 15 minute periods.

Hiring Units

PEMF (Pulsed Magnetic Field Therapy) is suitable for home use, it is possible to hire the machine. PEMF promotes tissue repair by subjecting ligaments and muscles to controlled electromagnetic fields. This improves the local blood supply / oxygen pressure thus stimulating repair. For more details and pricing please visit <http://goo.gl/JuiMdZ>.

**Not limited to these conditions. 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.*