

## Increased Range of Movement

A decreased range of motion can often be due to pain, swelling, or stiffness. The dog will have an increased range of movement when it is in the water due to reduced pain and swelling thereby allowing further movement range.

## Increased Circulation of Blood to the Muscles

Warm water increases the circulation of blood to the muscles increasing the supply of oxygen and nutrients and flushing away waste products, leading to muscle relaxation and a reduction in pain and stiffness. Improved circulation reduces swelling around an injured area and enhances healing from injury.

## Buoyancy

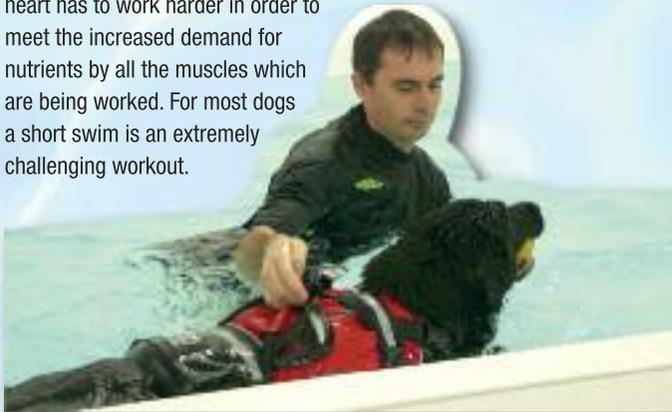
Buoyancy also reduces the load on weight bearing joints, this helps to reduce pain and allows easier movement and exercise. The buoyancy of water helps stiff joints into a further range of movement with minimal additional pain.

## Muscle Strengthening

Swimming tones most of the major muscle groups and improves the general overall fitness of the dog. Water based exercise uses 30% more oxygen than similar land based exercise. By encouraging pain free limb movement against the resistance of water, muscle bulk will improve and muscle wastage will be reversed.

## Lungs & Heart

Under water, the chest is under pressure from the force exerted by the water squeezing inwards. This means that every breath requires more effort - the muscles used, particularly in breathing in, have to work harder (try breathing while someone sits on your chest). As any muscle strengthens with exercise, this improves the whole respiratory system. The heart has to work harder in order to meet the increased demand for nutrients by all the muscles which are being worked. For most dogs a short swim is an extremely challenging workout.



# CAMBRIDGE HYDROTHERAPY CENTRE

## Contact Us

Cambridge Hydrotherapy Centre

Westlodge Kennels & Cattery

Linton Road

Great Abington

Cambridgeshire CB21 6BS

(T) 01223 891534

(M) 07932 492143 (Marc) 07525 866930 (Kevin)

(E) [info@cambridgehydrotherapycentre.co.uk](mailto:info@cambridgehydrotherapycentre.co.uk)

(W) [www.cambridgehydrotherapycentre.co.uk](http://www.cambridgehydrotherapycentre.co.uk)



## Our Facilities

Cambridge Hydrotherapy Centre is owned and run by Marc and Iris Wheeldon who have run a very successful Kennels and Cattery since 2006.



Having bred, shown and owned Golden Retrievers and Newfoundlands for many years we are very passionate about the health and well being of all breeds of dog and realise how important hydrotherapy can be for pain relief, general fitness, and the rehabilitation of dogs with certain conditions.

Our 1.2m deep pool is 5m long and 3m wide and allows all breeds of dog – from the smallest to the largest – to have a comfortable swim in a safe environment. All dogs are individually assessed and provided with a personalised programme created to suit their needs and abilities. We always enter the pool with our patients, offering comfort and reassurance while being able to feel the affected areas to maximise rehabilitation and fitness.

We are situated five miles south of Cambridge, easily accessible and close to the M11, A11 and A14.

## Peace of Mind

Hydrotherapists Marc Wheeldon and Kevin Cusick – who has owned Standard Poodles for many years – are registered members of the National Association of Registered Canine Hydrotherapists (NARCH). Both hold a Level 3 Certificate in Hydrotherapy for Small Animals.

As registered members of NARCH, both hold valid Canine First Aid Certificates and have full insurance cover for public liability and professional indemnity.

It's worth noting that pet insurance companies will only pay for hydrotherapy in a NARCH-registered pool.

We have excellent relationships with all our local vets and strive to work closely with them regarding the patients they refer to us. We keep detailed records of every swim and our water quality to maintain each dog's safety and comfort in the water.

We are situated five miles south of Cambridge, easily accessible and close to the M11, A11 and A14.



## What We Offer

- **Rehabilitation of injured and post operative animals**
- **Pain management clinics for animals suffering from arthritic complaints and joint disorders**
- **Weight control and obesity clinics for over weight animals**
- **Fitness and conditioning for show dogs and working dogs**
- **Fun swims for the dogs boarding with us at our kennels**

We can only swim dogs that have had our referral form signed by their vet to say their dog is fit to swim.

## What is Hydrotherapy?

Hydrotherapy can be used in the treatment of arthritis, orthopaedic conditions, muscle, ligament and many other types of soft tissue injury.



It can also help with general convalescence.

Extensive work in human physiotherapy has demonstrated that a suitably monitored course of hydrotherapy acts by encouraging a full range of joint motion in reduced weight conditions, thus improving muscle tone and promoting tissue repair without imposing undue stress on damaged tissues.

Swimming helps to improve general fitness and cardiovascular stamina, improves muscle tone and is helpful in recovering from injury or surgery and improves fitness, especially in the management of obesity.

Muscle wastage begins within three days of any immobilisation so to prevent further weakness or injury it is important to rebuild, through safe exercise, any muscles that have deteriorated.



It is better to swim dogs in heated water since cold water causes constriction of the blood vessels near the skin and of the superficial muscles (those just under the skin,) which restricts the flow of blood and makes the muscles less efficient

It is also considered to be a natural anti-inflammatory through its ability to reduce tissue swelling.



## The Benefits

Hydrotherapy in conjunction with veterinary treatment can significantly improve the quality and rate of healing following surgery or traumatic injury.

After surgery the careful use of hydrotherapy can help with rehabilitation and increase the chance of a successful return to full fitness. Enhancing general health and fitness can aid convalescence and speed up recovery.

Hydrotherapy has specific effects on body tissues:

- **Relief of pain, swelling and stiffness**
- **Muscle strengthening and maintenance**
- **Alleviating muscle spasm.**
- **Increased range of motion in joints**
- **Improved circulation**
- **Cardiovascular fitness (heart & lungs)**
- **Increased tissue healing**
- **Increased speed of recovery**

## Safe exercise without stresses

Swimming is an excellent form of exercise because most of the muscles normally used in movement are involved - without the stresses caused by motion on hard ground.

On land, each footfall creates a shock wave which travels up the limb and is absorbed by bones, tendons and joints. While these stresses are necessary to maintain healthy strong bone, if severe or repetitive, these shock waves can actually damage or weaken the limb, particularly an arthritic joint or one recovering from an injury or surgery.



Swimming allows the "working out" and strengthening of the muscles while avoiding this potentially damaging concussion. Also, because of the increased resistance to movement, the muscles have to work harder than they would do on land.

