



What is physiotherapy and how does it work?

Physiotherapy is a combination of massage, stretches, movement and exercises to increase flexibility, ease pain and aid mobility. Physiotherapy plans and exercises are tailored to each individual patient to target specific muscles or areas of the body to promote recovery from illness, injury or aging.

What conditions are treated with physiotherapy?

Physiotherapy can be beneficial for a range of pets and conditions. This can be for recovery after orthopaedic surgery e.g. cruciate or fracture repair. Neurological or spinal conditions including vestibular or intervertebral disc disease. Mobility issues due to arthritis or ageing. Muscle weakness or stiffness following injury. Weight management and fitness to improve general health and demeanour. As well as tailored plans to enhance performance in working or sporting dogs.

What can I expect during the treatment?

Your pet will initially visit for a consultation for a full examination. Their general posture, muscular symmetry, range of motion, gait and negotiation of obstacles will all be analysed. Following the initial consultation, a personalised 8-12 week treatment plan will be made with specific exercises to best aid your pet's recovery. Throughout their journey you will receive on-going support with progress reviews and updates to their home programme as required.

How often would my pet be treated?

Your pet's initial consultation will be 30-45 minutes long; this will enable time for a full examination and have a discussion to determine any changes in their behaviour or performance. They will need to re-visit for further consultations throughout their plan; these appointments will be booked on an individual basis (weekly or fortnightly) dependant on each pet's progression and requirement. The home exercise plan is an essential part of rehabilitation. All exercises will be demonstrated and practiced - you will be required to incorporate them into the pet's daily routine.

Is physiotherapy safe and will it hurt my pet?

Physiotherapy is non-invasive rehabilitation for your pet. With the correct direction to ensure suitable duration and intensity of exercises, risk of injury is low. Dependant on your pet's treatment plan, you may see improvements straight away. Massage and stretching of muscles can cause instant relief, however, as with humans, progression from physiotherapy is generally seen over a course of weeks as the body strengthens and re-conditions.

