

Frequently Asked Questions.

Q Where are you?

We are at the Barnton end of Queensferry Road, between Parkgrove Avenue and Drum Brae North.

Q Is parking available?

We have a private car park on site.

Q How long is a session?

Generally half an hour

Q Can I watch?

Absolutely. We need you to participate to encourage your pet to maximise the benefit from the session

Q Can I just come along for sessions?

A We need to have a signed veterinary referral. This allows us to provide therapy, knowing your pet is deemed to be fit to exercise. It also allows us to report back to your vet after the first session and periodically thereafter so that he or she can best guide your pet's ongoing care.

Q. I've just moved here or don't have a vet. What do I need to do?

A You will need to register with a practice locally for your veterinary needs. We shall be delighted for you to register with our sister business at Oak Tree Vet Centre but you are free, of course, to register anywhere and petphysio.co.uk will look after you.

Q Does my pet insurance cover hydrotherapy?

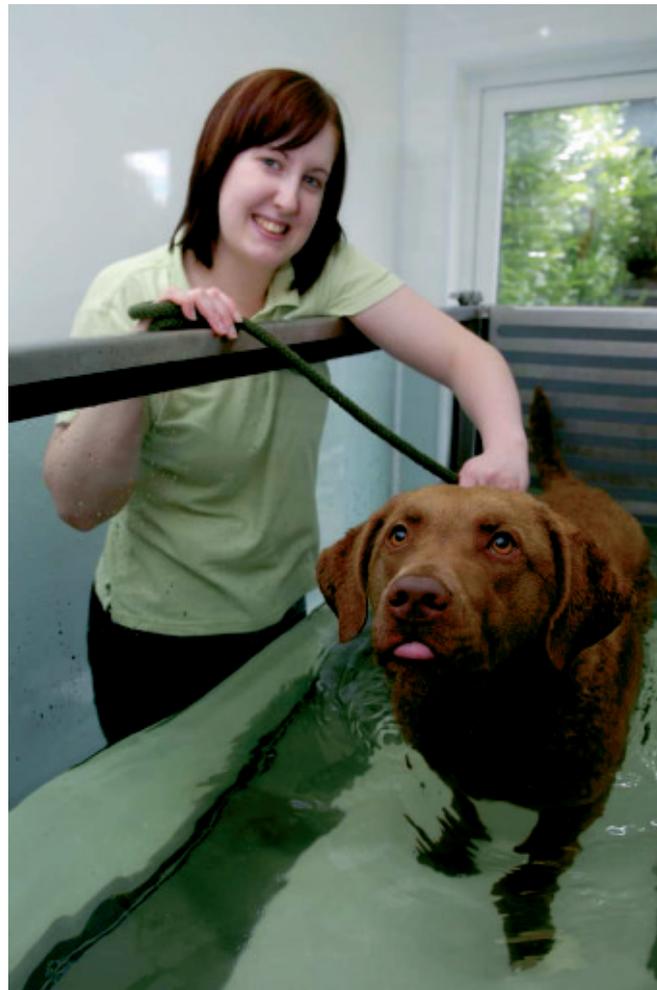
A If referred by your vet, many policies will cover a substantial amount of hydrotherapy but you would need to check your individual policy for details.

Finding out more

Come for a tour and a chat
Please phone (0131) 539 7539

Visit our website
www.petphysio.co.uk
for further information and a map.

We look forward to seeing you.



First in Edinburgh & the Lothians for hydrotherapy

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Welcome to petphysio.co.uk

Petphysio.co.uk is the first veterinary hydrotherapy service in Edinburgh and the Lothians. It shares a site and ownership with Oak Tree Vet Centre but it functions as an independent service, meaning that you can attend with your pet whether or not you are a client of the veterinary practice.

Much of our work comes from referral from veterinary practices within Edinburgh and the Lothians and we work hand in hand with your veterinary practice to enhance the treatment from them and optimise your pet's recovery after surgery or rehabilitation from injury or disease.

The service is staffed by Registered Veterinary Nurses (RVNs) who provide an individually tailored program of exercise.

Within a purpose designed, air conditioned, hygienic room with a non slip floor, we have a heated 12 foot pool with internal and external ramps and air and water jets. Prior to swimming each dog can be rinsed of surface dust and hairs in the wash station and where necessary the overhead hoist is available to lift them into the pool. Afterwards we have a top quality heated drier to dry them, before going home.

Hydrotherapy is the use of a volume of water to allow the controlled movement or exercise of a patient to improve their physical and mental well-being.



The benefits of swimming and performing aquatic exercise have long been appreciated for humans in terms of both health and fitness, as almost every muscle of the anatomy is exercised whilst avoiding impact to joints and bones. Extending this to our canine patients with a suitable course of hydrotherapy treatment encourages joint movement in reduced weight conditions, improving muscle tone, promoting tendon repair without imposing undue stress on damaged tissues and improving cardiovascular stamina. Just as in people, exercising dogs produce their own endorphins producing that feel good factor post work out.

Hydrotherapy can be used for the treatment and rehabilitation of arthritis, post surgery and with tendon and ligament injury. It can also help with general convalescence from debilitating medical disorders, obesity and overall fitness training. Many show dogs are swam to improve their body muscle mass and tone.

Muscle wastage occurs with any lameness, beginning within days of any factor reducing the use of the limb. Therefore to prevent further weakness or injury it is important to rebuild, through safe exercise, any muscles that have deteriorated. Swimming and water walking is ideal for rebuilding the muscle both prior to an operation and after the stitches have been removed and the skin healed.

Walking is often painful and too strenuous for the dog, 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 normally necessary to maintain healthy, strong bone, premature land exercise can actually damage or weaken the limb, particularly an arthritic joint or one recovering from an injury or surgery. Swimming and water walking allows exercise and strengthening of the muscles while avoiding this potentially damaging concussion. The increased resistance to movement caused by the water means the muscles have to work harder than they would do on land.

Even standing a dog in warm water has a beneficial effect - the pressure of the water on the chest makes breathing more difficult, the ribcage muscles and lungs have to work harder, and therefore there is improvement to the respiratory system. The heart has to work harder in order to meet the increased demand for oxygen and fuel for all the muscles which are being worked. Exercise and movement together with the hydrostatic pressure caused by immersion in the water can assist in reducing swelling by moving tissue fluids away from the affected area.

If all this sounds like hard work - it is - that's the idea! For a dog, even a 5 minute swim or treadmill session is a serious burst of energy expenditure, but the natural buoyancy of the water and the fact that sudden twists and falls are impossible makes hydrotherapy a safe and effective form of exercise for most animals.

