



Verwood Hydrotherapy Centre

Hydrotherapy • Physiotherapy • Agility • Behaviour • Grooming

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PRE-SWIM INFORMATION

Benefits of hydrotherapy

- ◆ Hydrotherapy provides exercise for your dog which is stress free on the joints. It is of particular benefit for dogs who have undergone surgery as the exercise helps to restore and maintain muscle tissue.
- ◆ The exercise provided by hydrotherapy will improve your dog's physical and mental well-being, will strengthen muscles and provide cardiovascular exercise.
- ◆ Hydrotherapy is ideal for overweight dogs or dogs suffering from arthritis.
- ◆ Hydrotherapy provides a fun way of improving and maintaining your dog's fitness.

Things to do or check for before a swim session

- ◆ Please do not feed your dog at least 3 hours before and after the swim session.
- ◆ Please bring your own towels to dry your dog and if the weather is cold a blanket to keep your dog warm in the car on the return journey.
- ◆ Please postpone the session if your dog:
 - is a bitch in season
 - has an open wound
 - is suffering from diarrhoea or vomiting
- ◆ **★ Very important:** *if the pool has to be drained, it takes at least a week to drain, fill and get the water up to the correct temperature, therefore a penalty will be charged if it was needed due to the above.*
- ◆ Please walk your dog round the car park before entering the building to warm up muscles and to allow him to urinate and/or defecate - please ensure that you clear up after your dog.
- ◆ Please let the surgery know if there has been any change in your dog's health since the last appointment.
- ◆ Please ensure that your dog's vaccinations are up to date.
- ◆ Please wear clothes which will not be damaged by water!

What to expect:

- ◆ On arrival please report to the surgery to weigh your dog and pay for the hydrotherapy session - you will then be shown to the hydrotherapy unit.
- ◆ Your initial session will be for 45 minutes and subsequent sessions will be for 30 minutes.
- ◆ On arrival your dog will undergo a brief health check and will then be showered.
- ◆ Your dog will then be fitted with a buoyancy jacket or harness. In some cases we use a hoist to transport your dog into the water.
- ◆ Initially your dog will only be in the water for a very short time (possibly one minute) - the length of time will be increased as your dog's health/fitness improves. The maximum amount of time your dog will spend swimming will be 10 minutes.
- ◆ After your dog has swum he/she will be showered again and towel dried (with particular attention to ears)
- ◆ The hydrotherapist will send a monthly report to your veterinary surgeon to keep him/her updated with progress.