

Our **Underwater Treadmill** allows for greater control over the speed, depth, and exercise intensity than can be provided by swimming alone, therefore, rehabilitation is more controlled, functional and predictable.

Whilst the Underwater Treadmill provides all of the same benefits as swimming, it additionally enables targeting of the specific muscles responsible for stability and flexibility as well as an increased range of motion for injured joints. In many situations a certain amount of weight bearing is required to ensure healthy bone growth and repair.

Water itself has the below benefits when used in the correct way;

Buoyancy counters load bearing weight and reduces pain helping stiff joints into a further range of motion.

Hydrostatic Pressure is the force that the water exerts on a body when submerged. Assisted by exercise it reduces swelling by forcing body fluid (oedema) away from affected areas.

Viscosity, water is about 800 times more resistant to walk through than air.

Temperature, like Goldie Locks' porridge – it's gotta be just right.

The Underwater Treadmill allows a correct but exaggerated gait pattern that improves joint flexion and extension which is particularly important after cruciate ligament repair operations (eg a TPLO)



Treadmill Sessions

Less than 15 minutes \$28

15 minutes or longer \$35

Pool Sessions

30 minutes (1 or 2 dogs) \$25

Extra dogs (each) \$5

Dog Washing and Drying Facilities available

Concession Discounts and Wash 'n' Workout Combo's Available

We stock

Orijen Foods

Happy Pet Venison Treats

Ruffwear Accessories

Lightweight Ramps are available for hire. Ideal for getting aging or post-op pets in and out of vehicles.



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Water Woofs

THE CANINE HYDRO-THERAPY SPECIALISTS



Water Woofs!

THE CANINE HYDRO-THERAPY SPECIALISTS

At Water Woofs Canine Hydrotherapy

we have an Underwater Treadmill, large heated Therapeutic Pool, wide non-slip ramp access to provide us dogs with comprehensive hydrotherapy treatments for specialised exercise, rehabilitation, arthritis management, weight control or pure fun and recreation.

Hydrotherapy allows for earlier intervention in the healing process with patients being able to begin moving within days of surgery or injury with minimal risk of re-injury, rather than starting rehabilitation weeks later after which time the muscle wastage is much more severe. Muscle wastage occurs within days of any compromised muscle. Therefore, to prevent further weakness or injury it is important to rebuild, through safe exercise, any muscles that have deteriorated as early as possible thus shortening the recovering period.

Hydrotherapy is not a replacement for veterinary treatment. We work hand in hand with veterinary advice to further enhance their treatment and optimise your pet's recovery after surgery, rehabilitation from injury or disease and can significantly improve the quality and rate of healing.

There are many conditions that will benefit from hydrotherapy including joint surgeries, fracture repairs, spinal surgeries or injuries, non-use of limbs and many degenerative conditions such as arthritis, hip and elbow dysplasia.



As in human therapy, generally a faster return to function is gained with more intensive rehabilitation. For orthopaedic cases the general recommendation is 2 or 3 times per week for the first 4-6 weeks. Depending on how the patient is managing they may reduce down to 1-2 per week until the 12 week mark. Ongoing sessions may be required depending on the level of arthritis or degeneration of the joint.

If this is not possible, Hydrotherapy sessions on a less frequent basis e.g. once a week will still be beneficial however the rehabilitation process will take longer.

Swimming in our heated Pool aids development and repair of the more powerful major locomotion muscle groups.

- Perfect for developing and maintaining muscle tone.
- Cardiovascular and Circulatory Fitness.
- Arthritis and Pain Relief.
- Weight Loss and Conditioning.

And my favourite...

- Recreational and Motivational Play.

I'm ready



Bring your friends



Must fetch..

