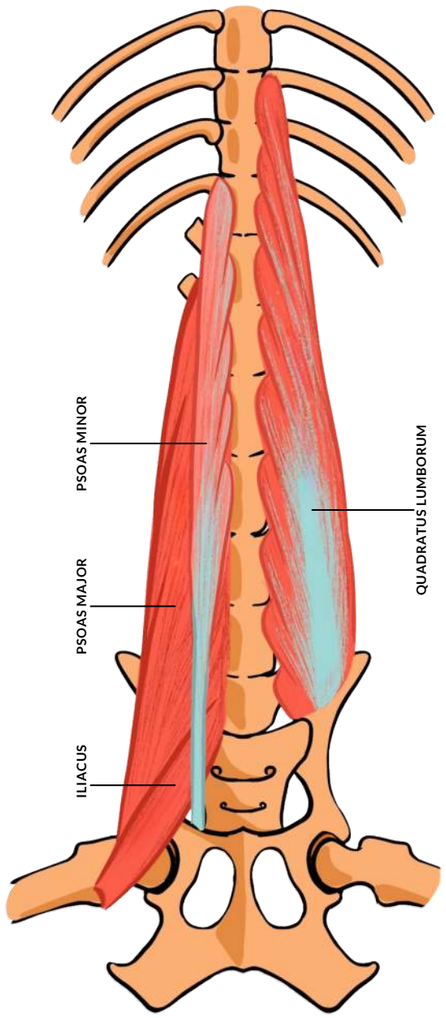
Helping Your Dog heal from an Iliopsoas Injury

Canine iliopsoas strain is a commonly overlooked injury that occurs in as many as 32% of cases of hindlimb lameness in dogs.

It often occurs in active or sporting dogs, and can be missed in performance dogs, where it may be seen simply as a reduction in performance instead of an obvious lameness.





The iliopsoas muscle group includes deep muscles on the inside of the hip and the bottom of the lumbar spine. It is an important postural muscle group, and helps to stabilise and flex the hip, pelvis and the lower back.

High speed activities where the hips and lower back become maximally extended, and are then rapidly brought forward into flexion again – such as jumping activities – can put the iliopsoas muscles at risk as they need to contract in a maximally lengthened position.

Rehabilitation programmes may stretch over a period of 3-9 months depending on the severity of the injury, and will likely include controlled activity with a progressive return to full activity.

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