AQUACANINE
HYDRO & VETERINARY PHYSIO

Aqua Canine Hydro & Veterinary Physio
Unit 5, Brechin Business Centre, 10 Southesk Street, Brechin DD9 6DY
07359 774 226 · aquacanine13@gmail.com · aqua-canine.co.uk

Your guide to Aqua Canine

Hydrotherapy, veterinary physiotherapy and Class 4 laser therapy in Brechin — a short, easy-to-read guide to what we offer, how a session works, and our current prices.

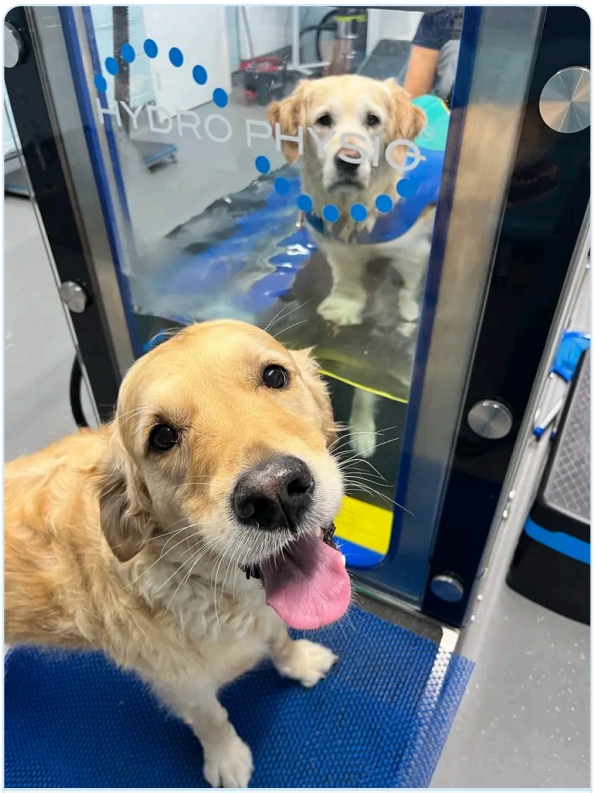
WHO WE ARE

At Aqua Canine we are dedicated to helping your dog live a full and active life. We offer individually tailored programmes of hydrotherapy, veterinary physiotherapy and Class 4 laser therapy, whether your dog is recovering from surgery, injury or illness, managing a long-term condition, or needing to keep fit or lose weight.

We work closely with your vet so your dog receives safe, joined-up care. We are fully qualified, insured and registered canine hydrotherapists and physiotherapists, and we are prepared for all breeds, shapes and sizes — friendly and not so friendly.

To stay on the registers of the National Association of Registered Canine Hydrotherapists (NARCH) and the International Association of Animal Therapists (IAAT), we complete a set number of continuing professional development (CPD) hours every year. This keeps us up to date with the latest research and techniques in a fast-moving veterinary field, so your dog benefits from current best practice.

We know a first appointment can feel daunting. Our aim is to make the visit as calm and stress-free as possible for both of you. You're welcome to sit back and relax with a hot drink while we look after your dog.



Our glass-sided underwater treadmill at the clinic in Brechin.

WHAT IS HYDROTHERAPY?

Hydrotherapy is complementary, controlled exercise in water. It can support recovery after surgery and help with a wide range of musculoskeletal conditions. The warmth of the water helps with pain relief and can ease muscle spasm. Being supported in the water makes it easier for a dog to move and to practise more normal movement patterns.

Cardiovascular fitness can also be built more comfortably in water, which is especially useful when land exercise is restricted. The pressure of the water (hydrostatic pressure) can help to reduce swelling.

At Aqua Canine, all hydrotherapy takes place on our underwater treadmill. We do not have a pool.

CONDITIONS THAT MAY BENEFIT FROM HYDROTHERAPY

- Hip dysplasia
- Elbow dysplasia
- Cruciate ligament rupture
- Spinal disease
- Muscle atrophy
- Fractures
- Femoral head and neck excision (FHNE)
- Joint replacements
- Patella surgery
- Arthritis
- Soft tissue injuries
- Joint dislocations
- Osteochondritis dissecans (OCD)
- Degenerative myelopathy (CDRM)
- Conformational support
- Weight management
- Fitness and conditioning

A combined approach. Hydrotherapy, veterinary physiotherapy, clinical massage, therapeutic exercises and Class 4 laser therapy can be used on their own or together in a programme designed around your dog.

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Underwater treadmill vs pool

A hydrotherapy pool and an underwater treadmill are not the same. At Aqua Canine we use an underwater treadmill only — we don't have a pool. Because the treadmill is so controlled, it is the better option for most dogs.

UNDERWATER TREADMILL

- **Controlled, weight-bearing exercise.** Water depth can be adjusted so we can change how much weight your dog carries through their limbs — particularly useful after surgery or with painful joints.
- **A more natural walking gait.** Your dog walks rather than swims, so we can work directly on gait re-education, limb placement and even, symmetrical movement.
- **Adjustable water height and speed.** We can tailor the session to the joint we're targeting and the aims of the treatment plan, and build the work up gradually and measurably.
- **Easier to monitor and assist.** The glass sides let us watch your dog closely, and the therapist can work right alongside them with hands-on help where needed.
- **Often better after surgery.** The controlled set-up means we can often start rehabilitation sooner, and it suits many dogs who are not confident swimmers.

HYDROTHERAPY POOL

- **Swimming is non-weight-bearing** and uses a different movement pattern from everyday walking.
- It can involve more extension of the hips and back, and is generally less easy to control or to measure from one session to the next.
- Swimming can still have a place for some fit, confident dogs, but walking on a treadmill is more directly relevant to daily mobility, and is usually the safer, more precise choice for post-operative, orthopaedic and neurological rehabilitation, and for building muscle.
- Many dogs tolerate walking in water better than being asked to swim.

OUR UNDERWATER TREADMILL

Our treadmill lets us tailor every session to your dog. The sanitised water is kept at 30–32°C. That warmth, together with the buoyancy of the water, encourages comfortable weight-bearing and a better range of movement through joints that may be difficult to use on land. The resistance of the water also highlights weaker or uneven movement, which helps us to target the right areas.

Because the exercise is so controlled, we can often see dogs sooner after surgery and kick-start their rehabilitation in a safe, gradual way.

WHAT HAPPENS DURING A HYDROTHERAPY SESSION

1. **Welcome and talk**
   At your first visit we'll show you around and talk through how the clinic works. We'll go through the veterinary referral form, and discuss your concerns, questions and goals.
2. **Health check and gait assessment**
   We check your dog and watch how they move, then fit a hydrotherapy harness.
3. **Shower and onto the treadmill**
   A warm shower helps to warm the muscles and keeps the water clean. We then gently encourage your dog up the ramp and into the treadmill.
4. **Walking in short bursts**
   We fill the treadmill to the right water level and start the belt slowly, with short bursts of walking and rest periods, according to the treatment plan. After the first appointment, sessions take up to 40 minutes, with a maximum of 15–18 minutes on the treadmill. Early sessions may be much shorter.
5. **Shower, dry and aftercare**
   Your dog is walked back down the ramp for another shower and a shampoo to rinse any bromine from the coat, then dried with towels and a warm-air dryer if they're comfortable with it. We'll explain our findings and aftercare before you leave.

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Preparing, aftercare and physiotherapy

A little preparation helps your dog get the most from each visit. Veterinary physiotherapy can be used on its own or alongside hydrotherapy and laser therapy.

BEFORE YOUR SESSION

- ☑ A vet referral is needed for every type of session, including fitness and conditioning. Please bring the signed form to your first visit (or ask your vet to refer online).
- ☑ Please don't feed your dog in the two hours before a treadmill session, or for about two hours afterwards. Fresh water is fine. If medication must be taken with food, book around two hours after feeding.
- ☑ Make sure your dog has been to the toilet, and arrive a little early so there's time for this and so they can settle.
- ☑ In colder weather, bring a towelling coat, fleece or dry robe for the journey home, to help keep their muscles warm.

AFTER YOUR SESSION

- ☑ Keep your dog warm and away from draughts. If they're wearing a coat or fleece, leave it on until they're fully dry and warm.
- ☑ A short, gentle toilet walk or potter in the garden is a good idea, as it helps them stretch and can prevent stiffness.
- ☑ Please avoid long walks or vigorous exercise for 24 hours.
- ☑ Wait at least two hours before offering food. Fresh water should always be available, but try not to let them drink excessively.
- ☑ If you have any concerns, please contact Aqua Canine and/or your vet.

WHAT IS VETERINARY PHYSIOTHERAPY?

Veterinary physiotherapy is the assessment and treatment of animals, with the aim of reducing pain and improving function and performance. We treat dogs for rehabilitation after injury or surgery, for musculoskeletal or neurological conditions, for age-related problems, and for general maintenance.

All dogs, whatever their age, lifestyle or job, can benefit — whether that's keeping them comfortable, fit and functioning, or treating a chronic condition, a sudden injury or a post-operative recovery.

Your dog's first physiotherapy session lasts about an hour, including a consultation, full gait analysis and treatment. Follow-up sessions last 30–45 minutes.

SIGNS YOUR DOG MAY NEED PHYSIOTHERAPY

- Lameness or stiffness
- Muscle asymmetry or muscle wastage
- Reluctance to exercise or go for walks
- Difficulty jumping on or off the car, sofa or similar
- Behavioural changes
- Sensitivity or reactivity to being touched in certain areas
- Tripping or toe-scuffing
- Reduced performance in competitions



Balance and strengthening work during a physiotherapy session.

WHEN PHYSIOTHERAPY CAN HELP

Athletic performance. To enhance and maintain athletic ability and performance.

Orthopaedic conditions. Including cranial cruciate ligament rupture, hip dysplasia, elbow dysplasia and luxating patella.

Degenerative conditions. Including osteoarthritis, osteochondritis dissecans (OCD) and spondylosis.

Neurological conditions. Including intervertebral disc disease (IVDD) and cervical spondylomyelopathy (wobbler syndrome).

Post-operative care. To support healing of soft tissue, nerves and bone, and to improve function and mobility.

Soft-tissue repair. Including muscle tears, tendinopathies and ligament damage.

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Class 4 laser therapy and prices

Laser therapy can be used on its own or as part of a physiotherapy or hydrotherapy programme. Prices below match our current website price guide.

WHAT IS CLASS 4 LASER THERAPY?

Class 4 laser therapy is a non-invasive treatment that uses specific wavelengths of light to stimulate the body's tissues — a process known as photobiomodulation (PBM) — and support natural healing.

Class 4 lasers deliver higher levels of light energy than lower-powered therapeutic lasers, so an appropriately trained practitioner can treat a range of musculoskeletal conditions. It can help with pain, inflammation and swelling, and support tissue repair, including wound and fracture healing.

ASA LASER VETERINARY



Protective eyewear is used during laser treatment.

HOW IT CAN HELP

- Pain relief for both acute and chronic pain
- Help to reduce inflammation and swelling
- Support for the speed and quality of tissue repair
- Support for the function of damaged neurological tissue
- Help to reduce scar tissue formation and encourage remodelling of existing scar tissue
- Help to reduce trigger-point activity and muscle spasm
- Support for blood flow and comfort during rehabilitation

CONDITIONS THAT MAY BENEFIT

- Osteoarthritis and degenerative joint disease
- Hip and elbow dysplasia
- Muscle strains, sprains, tendon and ligament injuries
- Post-operative rehabilitation and fracture healing
- Selected spinal and neurological conditions
- Wound healing and lick granuloma
- Trigger points, muscle spasm and chronic musculoskeletal pain

Sessions are typically comfortable, with some dogs feeling a gentle warming. Safety measures are used throughout.

PRICE GUIDE

Every session includes a health check and aftercare advice. How many sessions your dog needs depends on their condition; we'll recommend a plan after assessment.

HYDROTHERAPY
Rehabilitation
Pre- and post-surgery, injury, orthopaedic and neurological rehab
£48 / session

HYDROTHERAPY
Maintenance
Ongoing musculoskeletal and neurological care
£43 / session

HYDROTHERAPY
Fitness
Fitness and conditioning for working or sporting dogs
£38 / session

PHYSIOTHERAPY
Veterinary physiotherapy
Comfort, mobility and injury prevention
£43 / session
First session 1 hour · follow-ups 30–45 mins

LASER THERAPY
Class 4 laser therapy
Drug-free pain and inflammation relief
£37 / session
30–40 mins · can be included in a physio session

Save 10% on a block of 10

Book a block of 10 sessions, paid in advance, on any treatment type. Block sessions don't expire.

Insurance and payment

Many pet insurance policies cover these therapies under complementary care — please check with your provider. Payment is due on or before the day of the session, including for insurance claims.

Cancellations

Please give us at least 24 hours' notice if you need to cancel or rearrange. Otherwise the full session fee is charged (exceptions apply).

VET REFERRAL AND HOW TO GET IN TOUCH

In line with UK law, we need your vet's consent before we can begin, for every type of session. Download the referral form at aqua-canine.co.uk, ask your vet to sign it, and bring it to your first visit — or your vet can refer online. You'll also find our Your First Appointment guide on the website.

Treatment is provided following veterinary referral and clinical assessment. Results vary between patients, and these therapies are not a replacement for veterinary diagnosis or necessary medical treatment.

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Monday, Tuesday, Wednesday and Saturday, 8am–8pm
Step-free private parking