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 First Appointment

A short guide to your dog's first visit, and how to help them get the most from their sessions at Aqua Canine.

1 YOUR FIRST APPOINTMENT

Please allow at least an hour for your dog's first visit. This gives them plenty of time to settle into the clinic, and gives us time to get to know you both properly.

We'll go through the veterinary referral form with you in detail, and talk about:

- what your vet has advised, including exercise levels and what your dog is managing at the moment
- any clinical signs you've noticed at home — for example, how lame they seem, when it appears, and how it changes with exercise or rest

We'll also weigh your dog and take muscle measurements. These give us a starting point to work from, and we'll check them again after every nine or ten sessions.

2 PRE-HYDROTHERAPY HEALTH CHECK

At every appointment we'll carry out a short health check before hydrotherapy. We'll look at:

Eyes
Clear, bright and free from infection

Ears
Clean, with no obvious signs of infection or a build-up of wax

Coat
Clean, and free from open wounds or infections

Movement
General movement and range of movement

Your view
How you feel your dog has been, and any changes or improvements since the last session

3 SHOWERING

We'll shower your dog before every hydrotherapy session. This helps to warm up their muscles, and it removes any debris from the coat before they go into the underwater treadmill, which helps us keep the water clean.

We'll also shower your dog afterwards, to help their muscles warm down and to rinse any bromine from the coat.

4 DRYING

We'll dry your dog with our warm air blaster and towels, so they leave us as dry as possible.

If your dog isn't happy being dried with a dryer, please tell us and we'll adapt how we dry them.

5 APPOINTMENT LENGTH

Up to 40 minutes
The length of a treatment session after the first appointment

15–18 minutes
Maximum time on the underwater treadmill

In the first few sessions, some dogs can only manage shorter spells of activity, depending on their condition, age and fitness. That means the rest periods between walks on the treadmill may be longer.

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Sessions and aftercare

How often your dog may need to come in, what each appointment involves, and how to look after them at home.

6 HOW MANY SESSIONS?

It's almost impossible to say before we start working with your dog. We usually recommend beginning with at least one or two sessions a week for the first three to four weeks, to help kick-start muscle growth and recovery.

We would then reduce how often your dog comes in for a further four weeks or more, depending on the improvements we see. After that, the time between appointments can often be stretched to fortnightly, or one session every three weeks, depending on your dog's needs and what works for you.

If your dog has a major problem, such as a spinal injury or paralysis, ten sessions will not be enough to get them back on their feet. Many more appointments, over a longer period, may be needed.

7 RECORDS AND FEEDBACK

Every treatment session is recorded, and we'll send a progress report to your vet regularly, so they can keep an eye on how your dog is getting on.

BEFORE YOUR SESSION

- ☑ Please don't feed your dog in the two hours before their appointment. This helps reduce the risk of nausea or discomfort in the water. Fresh water is fine.
- ☑ Make sure your dog has been to the toilet. Please arrive a little early so there's time for this, and so they can settle.
- ☑ In colder weather, bring a towelling coat or fleece for your dog to wear afterwards, to help keep their muscles warm.

AFTER YOUR SESSION

- ☑ Avoid long walks or vigorous exercise for 24 hours. Short, gentle toilet walks are fine, and can help your dog stretch and prevent stiffness.
- ☑ Wait at least two hours before offering food. Fresh water should always be available, but try not to let them drink excessively, as this can cause discomfort.
- ☑ Keep your dog warm and away from draughts. If they're wearing a towelling coat or fleece, leave it on until they're fully dry and warm.

IF YOU HAVE ANY CONCERNS

If you need any advice, or you're worried about your dog, please get in touch with us and/or your vet.

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Monday, Tuesday, Wednesday and Saturday, 8am–8pm