



Hip Dysplasia

How can hydrotherapy help?

Hip dysplasia is a lack of congruity between the socket side of the joint (acetabulum) and the ball on the end of the femur. Because of the abnormal rubbing of the joint surfaces, cartilage breaks down, arthritis occurs and the hip becomes painful. Hip dysplasia is considered to be a congenital issue.

Some possible indications of hip dysplasia are a waddle gait, an unwillingness to jump into the car or onto the bed, difficulty climbing stairs or getting up from the floor. As the problem becomes more severe, the dog starts to limp. There are other problems that can have similar symptoms so it is extremely important to have your veterinarian examine the dog.



Hip dysplasia can be treated with medications, surgery and rehabilitation. Often with a program of hydrotherapy, the dog's pain can be reduced and function increased, which decreases the need for medication and surgery.

Swimming provides a non-weight bearing environment. Without the body weight on the joints, there is less pain during exercising. The gentle motion in the hips lubricates the joints and the swimming stroke builds muscle.

The underwater treadmill offers a partial weight bearing environment for decreased stress on the joints and the resistance of the water strengthens and stretches the hips.

The initial rehabilitation session consists of an examination from a physical therapy perspective, a hydrotherapy treatment and instruction for stretches, massage and exercises that can be done at home. We do require a veterinarian referral and strongly suggest visiting your veterinarian prior to rehabilitation.

We have a referral form available and can fax to your veterinarian to get an update on your pet's condition.

© 2008 Canine Rehabilitation & Conditioning Group, LLC

