

Writer: Kim Hermida –
Lead Hydrotherapist & Owner



Pawsome Paddles Hydrotherapy Centre, The Stables, Foxholes Farm, London Road, Hertford, Herts SG13 7NT
Web: www.pawsomepaddles.com – Tel: 01992 558740 / 07923074372 – Email: info@pawsomepaddles.com

Veterinary Newsletter – Autumn 2017

A couple of our recent success stories...

Hopefully if you have referred a patient to us you feel as though you have been kept well informed about their progress through our reports sent on the first and then every fifth session. With permission from the owners here are details about a couple of our patients who have seen great improvements in their quality of life since starting their hydrotherapy treatment with us...



Nelly started her rehabilitation program back in May following a corrective osteotomy on the left radius and ulna due to a limb deformity. She had already lost a lot of muscle and was very reluctant to bear weight on this limb both in and out of the pool. After nine sessions Nelly is loading on her left forelimb much better and has built up muscle mass with a gradual increase in the amount of aerobic swimming she has been doing. Going forward Nelly is going to be attending monthly maintenance sessions to prevent deterioration of the positive results she has seen.



Bobby has now been signed off from his hydrotherapy treatment which he was having due to losing use of both hind limbs following a spinal injury after getting trapped in a crate door. When Bobby attended his first session he had regained use of his right hind but he still dragged his left which also had severe atrophy. Bobby's sessions were heavily focused on proprioceptive enrichment with minimal swimming due to his very young age of only 4 months. With several twice weekly sessions Bobby was back on both his hind limbs and beginning to see the muscle return. This case in particular demonstrates the importance of the pod work and shows that hydrotherapy is so much more than swimming.

A bit about me...

I have always been passionate about animals and in particular dogs. After unfortunately not making it into Veterinary Medicine I studied Zoology at Liverpool John Moores University. Following graduation I have had several non-animal related jobs and last year was given huge opportunity to change my life and decided to set up my own business. Having always wanted to care for animals and having discovered canine hydrotherapy whilst working for a pool bacterial sampling company I decided this is what I wanted to do. I set to seek out what I feel to be the best Level 3 Certificate training available and had placements with Barbara Houlding at K9HS in Suffolk and Maria Johnston (GB Agility Team Physio) at Active Balance in Hinckley. Now fully qualified and a member of the CHA my goal as part of a MDT is to give each and every patient receiving treatment at the Pawsome Paddles Centre the best quality of life possible.



6 monthly referral renewals...

To ensure that ongoing treatment of patients is safe and in accordance with CHA Code of Conduct, patient referrals must be renewed at least every 6 months and/or when there is a new diagnosis and/or a new veterinary treatment and/or surgical procedure has taken place. A request for a renewal will be made either by ourselves or the owner at the end of a 6 month period unless notified of a change in circumstance prior to this. Many thanks for your ongoing cooperation in keeping patient referrals up to date.

Any orthopaedic surgery to observe?

As lead hydrotherapist I would find it hugely beneficial to observe some orthopaedic surgery. If this is something that your practice is able to offer I would be very grateful for any opportunities.

kim@pawsomepaddles.com