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Newsletter – Autumn 2022



Benny doing it for the bulldogs...

Benny first came to us to spectate on Rufus', his poodle brothers session. We commented about how Benny should have a go and his owner was up for giving him a try. We sorted consent from Benny's vet and he came in for a fitness session. I don't think either us or Benny's owner had great expectations but Benny went on to prove us all wrong. He loves his swims and on his recent holiday he shocked his owner by swimming out to join them and Rufus in the sea. It just goes to show hydrotherapy is for all dogs and we should never make assumptions.



The tripod trio...

We have three regular patients that attend treatment with us for a reason that we thankfully do not see too often. However, these guys do not let it hold them back... limb amputation.

The problem with limb amputation is that there is no 'quick fix'. The three remaining limbs will always have compensatory issues. They need continual maintenance to keep on top of the stiffness and excess weight these limbs have to carry. We usually start these patients out on an intensive 1-2 month treatment plan and then gradually reduce the frequency of their sessions, until we find the optimal spacing, to maintain a good condition. It is also a lifelong commitment, especially as the patient ages and joints become arthritic.



From L-R: Monty, Christie & Cyrus

Monty and Christie both have had forelimbs amputated. This can be a little trickier to rehabilitate than a hind limb amputation, which Cyrus has. This is because dogs naturally carry more weight onto their forelimbs, compared to their hind limbs. Therefore, when a dog loses a forelimb, there is more weight to redistribute, than if they had a hind limb removed.

Lucky for these three guys, they all have incredibly dedicated owners who are giving them the best quality of life and ensuring that they are able to enjoy all of the activities a dog should be able to.

The importance of cross training – case study:

Dog: Jarvis

Age: 5

Breed: Working Cocker Spaniel

Activity: Canicross

Jarvis partakes in canicross, which is basically running with your dog bungeed to a belt on your waist. The dog generally runs ahead, pulling, to give you more speed. He adores this activity but it definitely takes a toll on his body. His hind limb muscles in particular get very tight. Regular fitness swims free up any tight muscles and prevents stiffness. Luckily Jarvis loves to swim too!

