

Physiotherapy for Hip Dysplasia

- **Pain management**
 - ▶ heat,
 - ▶ cryotherapy,
 - ▶ transcutaneous electrical nerve stimulation
 - ▶ Laser
- **Hydrotherapy**



- **Neuromuscular electrical stimulation**
 - ▶ to recruit weak muscles
- **Proprioceptive stimulation**
 - ▶ e.g. Kinesio tape to facilitate muscle contraction
- **Gait re-education**
 - ▶ to reduce compensatory patterns of movement
- **Owner education & Exercise prescription**

Research

Laser has been found to increase cartilage regeneration and angiogenesis in rats and rabbits with arthritis (Cho et al. 2004, Sharifi et al. 2008 & Lin et al. 2010); and better than NSAIDs at reducing pain in humans (Chow et al. 2009).

Hydrotherapy has been found to improve strength and physical function in patients with osteoarthritis (Foley et al. 2003).

Rahmann et al. (2009) found early physical therapy & hydrotherapy increased functional strength after hip replacement.