



PHYSIOTHERAPY MANAGEMENT OF ELBOW DYSPLASIA

Elbow dysplasia is an abnormal development of the elbow joint which affects the cartilage and bone in the joint. This term covers a few different conditions, which result in pain, swelling, muscle wasting and progressive degenerative osteoarthritis. It occurs most commonly in large or giant breed dogs such as Bernese Mountain dogs, Golden Retrievers, Labrador Retrievers, and Rottweilers. It is considered a developmental disease (with a genetic component) resulting in pain and lameness, typically occurring during growth from about 5-12 months of age, however signs can be apparent at any age.

Elbow dysplasia is generally considered a surgical disease; however, conservative management may be chosen. Physiotherapy plays a vital role in reducing pain and swelling, improving joint range of motion, stability and strength to reduce secondary complications and the progression of osteoarthritis.

A home program can be given to help maximise your dog's recovery. This must be performed painfree, and completely guided by your Physiotherapist. My role is to facilitate your role to do physiotherapy daily to optimise your dog's recovery and quality of life.

PHYSIOTHERAPY BENEFITS:

- **Reduce pain/muscle spasm**
- **Facilitate healing**
- **Restore normal passive range of movement**
- **Muscle re-education – normalise muscle tone and balance**
- **Assist functional return to activities**
- **Prevent or minimise complications**
- **Improve proprioception (joint position sense)**
- **Improve core stability**
- **Increase strength in a controlled manner**
- **Gait re-education**
- **Improve your pet's overall condition**
- **Education to manage at home and maximise recovery**

Physiotherapy uses a vast combination of techniques to aid recovery. This may include gentle manual therapy/mobilisation, massage, stretches, acupuncture, balance and stability exercises, gait re-education, underwater treadmill training,

hydrotherapy, controlled strengthening and proprioceptive retraining or bracing/taping. An extensive home program will be given to help maximise your dog's recovery and this must be performed PAINFREE. Every dog is unique and should be treated as such when designing a program – **there is no formula!**

WHEN?

EARLY is the key!!

It is important to begin physiotherapy as soon as possible after surgery according to the recommendations by your surgeon (generally 10 days to 2 weeks post op). Physiotherapy is vital to give you advice on the rehabilitation and maximise the speed of your dog's recovery to make sure he/she safely gets back to appropriate exercises and limits any secondary complications.

WHEN?

Treatment should begin as soon as possible after an injury/surgery, and may be introduced as an inpatient whilst recovering as an inpatient. This will be provided to reduce pain, facilitate healing, reduce swelling and assist in transfers.

Physiotherapy is not just about exercise – we are experts at acute management of injuries also. Therefore, it is vital to maximise the speed of your dog's recovery to make sure he/she safely gets back to appropriate exercises and therefore limit any secondary complications.

An extensive home program will be given to help maximise your animal's recovery and this must be performed PAINFREE. Every animal is unique and should be treated as such when designing a program – **there is no formula!**

CONSULTATION

At Holistic Animal Physiotherapy we provide a thorough assessment (1-1.5 hr), including hands-on/manual assessment and treatment from nose to tail, acupuncture, advice and provision of home program (including provision of appropriate stability exercises). We can also provide advice to help manage your animal at home with confinement, (as this can be stressful for the human and dog) and tailor your program to your needs. We are available for advice for ongoing management at any stage. Following consultations are 30 mins-45 mins or packages of underwater treadmill and laser may be included.

LOOKING FOR FURTHER INFORMATION?

Please visit www.holisticanimalphysio.com.au / Facebook (holistic animal physiotherapy)/Instagram (brookeanimalphysio). Call Brooke (0408 022 660) to make an appointment or ask any questions you may have.

Kind regards

BROOKE MARSH

Titled APA Physiotherapist

Masters Animal Studies (Physiotherapy)

(BPhty, MAnimSt, Member APA, APG)

www.holisticanimalphysio.com.au

ABN: 83955104851

 brookephysio@gmail.com

 0408 022 660

