



**holistic animal
PHYSIOTHERAPY**

**PHYSIOTHERAPY MANAGEMENT OF:
Femoral head and neck excision (FHNE)**

For advanced stages of Hip Dysplasia and Osteoarthritis or following trauma, a femoral head and neck excision (FHNE) may be recommended where pain and dysfunction had not been able to be managed conservatively. This is salvage surgery and requires immediate post op rehabilitation to reduce pain, obtain near-normal range of movement of the pseudoarthrosis, and ensure as complete recovery as possible. As with humans, strengthening and stability retraining is vital for any problems around the spine and pelvis/hip and ensure the gait has returned to normal to prevent secondary complications around other joints.

Following some surgeries, studies have shown that more than 60% of cases are unable to regain normal muscle mass and have reduced peak propulsive force in gait. Compensatory loading of the opposite hip/knee is also well documented following surgery.

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!! There is approximately 6 weeks after FHNE to regain full movement as the pseudo-arthritis forms. Starting with simple techniques to reduced pain (such as heat, massage) and advice about home management (appropriate containment and exercise) can greatly influence outcome long term. Once the wounds have healed the underwater treadmill (assisted with us) is the best environment to support the joints and encourage correct usage. This is heated in cooler months. Acupuncture may also be incorporated into your sessions to improve pain relief and healing.

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

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