



PHYSIOTHERAPY MANAGEMENT OF: HIP DYSPLASIA

Hip dysplasia is a complex condition of the coxofemoral (hip) joint with multifactorial genetic and environmental components. It is one of the most common heritable orthopaedic problems seen in dogs. Hip dysplasia is associated with joint instability, which can lead to degenerative changes (osteoarthritis) and varying degrees of dysfunction and pain.

There are several **surgical options** to treat Hip Dysplasia – all of which will benefit from post op physiotherapy to aid healing, but more importantly restore stability and strength to the joint. As with humans, strengthening and stability retraining is vital for any problems around the spine and pelvis. 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 is also well documented following surgery.

Many dogs will not require surgery with great success being managed **conservatively**. Physiotherapy management has been shown widely in human literature to reduce pain, improve the muscle imbalance around the hip and pelvis to better position the femoral head (ball) in the socket and therefore slow down the process of Degenerative joint disease.

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?

Reduced pelvic muscle mass and altered muscle fibre size and composition has been found in as young as 8-week-old dogs with Congenital Hip Dysplasia. The critical time for the greatest growth and development of the hip has been shown to be **3-8 months old**. Therefore, it is vital to educate **EARLY** and work on prevention, to normalise the muscle imbalance, reduce muscle abnormalities causing abnormal positioning of the femoral head (ball) in the socket; gait changes; to relieve stresses on soft tissues; reduction of thickening of joint capsule and thus pain and dysfunction presenting as osteoarthritis in later stages. **EARLY is the key!!**

CONSULTATION

Holistic Animal Physiotherapy will provide a thorough assessment (1 hour – 1.5 hours), 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 dog 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. Underwater treadmill/laser packages are also available.

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.

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