



PHYSIOTHERAPY MANAGEMENT OF FRACTURES

A breakage of the bone may be a result of accident/trauma, infection or cancer. Surgery may or may not be indicated depending on the type and location and cause of fracture. If there has been a traumatic injury (following car accident/fall) there may be many other injuries, which can be life threatening. Prolonged hospitalisation may be required at these times.

Physiotherapy is very beneficial in the early stages to ensure adequate respiratory function, reduce pain, improve circulation/reduce swelling, and maintain mobility, stability and strength where able. It is important to begin physiotherapy as soon as possible after surgery or injury to prevent secondary complications and maximise recovery. I will work in with the Veterinary Surgeons to modify the rehabilitation and progress as appropriate.

Individual focussed and very specific exercises are needed to ensure correct loading of limb when recovering and return to activity. A home program can be given to help maximise your dog's recovery. This must be performed pain-free, and completely guided by your Physiotherapist. My role is to facilitate your role to do physiotherapy daily to optimise 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**

WHEN?

Treatment should begin as soon as possible after an injury, and may be introduced as an inpatient whilst recovering. This will be provided to reduce pain, facilitate healing, reduce swelling and start to regain range of movement.

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

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