



Calendar 2024





Harvey – Donnington Grove Veterinary Surgery *Osteoarthritis*

Harvey is a 15-year-old Cocker Spaniel who was diagnosed with osteoarthritis prior to starting hydrotherapy in November 2022. He suffered with stiffness at home and showed some signs of neck pain. The buoyancy of the water limits the pressure through his limbs and provides a 'cushioning' effect on his joints which allows him to exercise in a pain-free manner as well as improving his muscle tone and gait patterning, due to the added resistance of the water. Harvey originally started weekly hydrotherapy sessions, however, once his muscles strengthened and balanced in mass, we reduced his frequency to fortnightly and now every 3 weeks to maintain his muscle tone which helps to support his joints and improves his general wellbeing. We have started alternating his treatment between the pool and UWTM to improve his forelimb range of motion in the pool but also ensure his hindlimbs stay strengthened in the UWTM.

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 New Years Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



Boo – Southern Counties Veterinary Specialists *Spinal Stabilisation*

Boo is an 11-year-old Pug who originally came to us for hindlimb muscle hypotrophy. At the initial assessment, she was very unstable during gait and needed full assistance to correct her range of motion and gait patterning in the treadmill. Her faecal incontinence increased at home over the weeks, and she was not improving in her stability as we expected, so we referred her back to the Vets. She was then referred to Southern Counties for examination, they then proceeded with surgery to stabilise her spine at T9-T13. After a few months, she returned to hydrotherapy and started to improve in her movement and overall strength. Her muscles started to balance in mass, allowing her to move more equally on land and her general well being has improved greatly.



February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2



Otto – Veterinary Training Squadron
Patella and Humeral Intra Condylar Fissure

Otto is a 6-year-old Labrador who started hydrotherapy in September 2022. Otto was first diagnosed and referred to us for bilateral grade 1 luxating patella however required no surgery. Prior to starting, he was then diagnosed with a forelimb humeral intercondylar fissure to his elbow, he underwent surgery on the 6th July 2022. This was completed by using an internal fixation of a metal implant to stabilise the weak area. This led to him needing 4-6 weeks of healing prior starting hydrotherapy. Initially, he started in the UWTM where we assisted his hindlimbs and occasionally assisted his forelimbs to help gait patterning and achieve an equal ROM and build equal muscle mass, and to prevent offloading to the left side of his body. We have started alternating his treatment between the pool and UWTM to improve his forelimb range of motion, whilst ensuring his hindlimbs stay strengthened in the UWTM. Otto has made amazing progress and as he is a working dog, his fitness is important.

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Good Friday	30
31	1	2	3	4	5	6



Toby – Falkland Veterinary Clinic

Back Pain

Toby (right) is an 8-year-old Pug who believe it or not, is a fantastic agility dog! He sadly injured himself falling off the sofa at the start of the year and had a significant muscle loss to his hind after being rested and on reduced land exercise. He came to hydrotherapy with 0.5cm imbalance to his hind and 1cm imbalance to his fore, as well as being slightly overweight. After 4 months of weekly hydrotherapy sessions and gradual introduction to land exercise, Toby gained and balanced on all fore limbs so was no longer moving with a compensatory gait. He lost an impressive 6cm around his waist as his core strength improved, which has helped reduce the discomfort to his back.



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
Easter Sunday	Easter Monday					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4



Tricki – Southern Counties Veterinary Specialists
Multifocal Intervertebral Disc Degeneration and Disc Protrusions at T12-T13 and T13-L1

Tricki is an 11-year-old Cavalier King Charles Spaniel who attended hydrotherapy due to hindlimb ataxia initially. He had severe muscle hypotrophy to his hind and as a result became significantly uncoordinated at home. After some treatment, his owners decided to take him to Southern Counties for an MRI to get more of a diagnosis to best aid his treatment plan. They discovered the presence of multifocal intervertebral disc degeneration and disc protrusions at T12-T13 and T13-L1 and also multifocal syringomyelia and hydromyelia affecting the cervical spinal cord. The whole multi-disciplinary team were then able to update his treatment to achieve the best results and help improve his quality of life.



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6 Early Spring BH	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Spring BH	28	29	30	31	1



Josie – Walkabout Vet
Kobe – Coach House Vets
Seamus – The Veterinary Hospital
Twilight – Donnington Grove Veterinary Specialists
Fitness – Pool

All dogs can swim right?... Well, not as naturally as we originally thought! We've been helping teach some dogs to swim and feel more confident in the water. Seamus was our more challenging patient, who, with a lot of perseverance, did eventually swim with correct technique. Initially, he would sink on his hind and his fore legs would splash frantically out the water, which would have been dangerous if he found himself in the sea. Our fitness pool swims provide a fun and controlled environment for dogs who enjoy swimming or puppies needing to gain confidence in the water in a safe way. Puppies must be careful when it comes to land-based exercise, as their growth plates are not fully formed until they reach adolescence. Hydrotherapy protects their joints from overloading whilst exercising, increases their muscle mass to support their joints as they grow and is also a safe way to tire them mentally and physically during the chaotic puppy stage.

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



Basil – St Kitts, Basingstoke Vet Centre *Hip Dysplasia*

Basil is a 7-year-old Yorkshire Terrier cross who started hydrotherapy in August 2023 after a diagnosis of hip dysplasia. He was rescued at 3 years old and so his medical history and breeding is unknown, but his owner found his exercise tolerance dramatically reduced from 1 hour off lead to just 10 minutes and noticed he would frequently sit down. He had a 1.5cm muscle imbalance with his right hind being in deficit. We therefore advised weekly hydrotherapy to regain his muscle development and recommended weight loss from 11.5kg down to 9kg ideal to help reduce the unnecessary weight bearing on his joints. After just the first session, his owners saw a dramatic improvement to his weight bearing. We will continue to assist his hindlimb movement to ensure he is walking with an equal gait in the treadmill, so he builds the correct muscles to support him on land.



July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



Morgan – Donnington Grove Veterinary Specialists

Hydrated Nucleus Pulposus Extrusion

Morgan is an 8-year-old Labrador who started hydrotherapy with us in November 2022. He sustained an injury in July '22 where he slipped running after a ball, he became paralysed as a result. The owners now know this was a hydrated nucleus pulposus extrusion. He was rested at the specialists for 2 weeks and began gentle physiotherapy and hydrotherapy in Scotland, prior to the family moving to Berkshire. He was still ataxic on arrival to us and struggled with daily activities and rising from rests. Our Physiotherapist visited him to get an updated treatment plan including a Home Exercise Program (HEP). He had regular hydrotherapy to strengthen and build his muscle mass but also increase his sensory awareness and gait patterning. Now, over a year post injury, Morgan lives a very happy life with his family. He moves in the UWTM with equal ROM to his hind and has noticeable increased core strength to protect his spine. He still occasionally shows some weaknesses, however, this is often the case and has not affected his quality of life.

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Summer BH	27	28	29	30	31



Willow – Valley Veterinary Group
RH G2 Medial Patella Luxation

Willow is a 3-year-old Poochon who initially started physiotherapy with our ACPAT Physiotherapist, Sara Gilmour, who provided a range of home exercise programs to do before she started hydrotherapy. Willow was diagnosed with grade 2 medial patella luxation to the right stifle. She was given exercises to help strengthen her muscles surrounding her right stifle as there was instability and reduced weight bearing. She later started hydrotherapy to correct her gait patterning and build muscles to support her stifle to prevent and control movement in the patella. Willow has already made great progress although it is early stages in her treatment. Willow's owner has seen a significant reduction in her skipping at home and we are seeing a positive improvement to her muscle development.



September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5



Darby – GKG Vets

Hip Dysplasia

Darby is a 10-year-old English Setter and was diagnosed with bilateral hip dysplasia at just 1 year old, however, was not symptomatic until more recently. We measured her during her initial assessment and found a 1cm imbalance to both her fore and her hindlimbs, as she has moved with a compensatory gait over the years. She started both hydrotherapy and physiotherapy to help strengthen and balance her muscle mass and improve her gait patterning at home. We have been alternating Darby's rehabilitation accordingly to target her flexor muscles to increase and balance her hindlimbs and just recently introduced the pool to encourage a better forelimb flexion and extension. Our aim is to keep her as comfortable as possible and help her dedicated owners ensure she maintains a good quality of life.



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



Buster – Nine Mile Veterinary Hospital
Cruciate Injury, conservative management

Darby is a 10-year-old English Setter and was diagnosed with bilateral hip dysplasia at just 1 year old, however, was not symptomatic until more recently. We measured her during her initial assessment and found a 1cm imbalance to both her fore and her hindlimbs, as she has moved with a compensatory gait over the years. She started both hydrotherapy and physiotherapy to help strengthen and balance her muscle mass and improve her gait patterning at home. We have been alternating Darby's rehabilitation accordingly to target her flexor muscles to increase and balance her hindlimbs and just recently introduced the pool to encourage a better forelimb flexion and extension. Our aim is to keep her as comfortable as possible and help her dedicated owners ensure she maintains a good quality of life.



November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Skye – Donnington Vets

LF Elbow Osteoarthritis

Skye is a 12-year-old Alaskan Malamute who originally came for fitness in January 2023 and had previously had bouts of lameness to her fore over the years. In May 2023, she was then diagnosed with osteoarthritis to her left elbow. She started physiotherapy alongside her hydrotherapy and our ACPAT Physiotherapist, Sara Gilmour, introduced laser to her fore. She was given a tailored home exercise program to carry out in between her hydrotherapy sessions, to help build up her muscles, correct her gait patterning and reduce her compensatory movements along with reducing the discomfort to her fore. She has made great progress so far and is now balanced in her muscle mass and is gradually introducing longer land walks now she is more comfortable.



December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Day	25 Boxing Day	26	27	28
29	30	31	1	2	3	4