

# PHYSIOTHERAPY Management of Hip Dysplasia



Hip dysplasia is the abnormal development or growth of the hip joint. It is the most common heritable orthopaedic problem seen in dogs. Hip dysplasia is associated with joint instability and incongruity, which can lead to degenerative changes (osteoarthritis) and varying degrees of dysfunction and pain. Hip dysplasia may be caused by a failure of the muscles and other soft tissues to hold the hip joint in optimal position. Strengthening and stability retraining is vital for any problems around the hip/pelvis/lower spine.

Physiotherapy aims to correct 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 will assist in restoring function and ensure a safe return to normal activity and exercise. Additionally your physiotherapist will advise on safe ways for your dog to lose weight (if necessary) without further aggravating their hip condition. Weight loss (diet and exercise) has been shown to improve clinical lameness, reduce the development of osteoarthritis and control pain.

## About Animal Physiotherapy

Physiotherapy is a well established profession in the human health care field that is now becoming recognised as a valuable adjunct to veterinary management of animals to ensure optimal treatment and recovery. Physiotherapy on animals works on the same principles as human physiotherapy and aims to promote healing and accelerate recovery, restore function and movement, reduce pain and inflammation, improve strength, optimise function, improve quality of life and prevent future injury and secondary complications from compensatory gait. Animal physio's are also qualified human physio's with Masters training in Animal or Veterinary Physiotherapy.

Animal physio's will use a variety of techniques which may include joint/ spinal mobilisation, soft tissue massage, gait correction/ movement re-education, stretching, neuromuscular stimulation, electrotherapy and balance/ stability/ proprioceptive exercises. Owners will also be provided with a home exercise program to continue rehabilitation and lots of advice and education on your dog's condition and best management at home.

## Where? When?

Sandy works at the **Brisbane Veterinary Specialist Centre** every **Tuesday**. An initial consultation/ treatment and home program prescription will take 1 hour and follow up consultations will take approximately **30-45** minutes. Appointments can be made directly with Sandy by calling **0415 219 566**.

If you are not sure if Physiotherapy is appropriate or have any further questions about your dog's rehabilitation, please do not hesitate to call and discuss with Sandy or alternatively speak with your vet or surgeon.

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