

## PHYSIOTHERAPY Management of Osteoarthritis



Osteoarthritis is the progressive degeneration of the joints. Osteoarthritis may be the result of a normal ageing process or secondary to traumatic injury (affecting up to 20% of dogs). Physiotherapy is a vital component in the management of joint disease and your physio will develop a long term strategy that will ensure pain management, aim to slow down the progression of osteoarthritis and optimise your dogs function and quality of life.

### 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.

### Sandy Sharpe

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