

PHYSIOTHERAPY For Elbow Dysplasia and Coronoid Process Disease



Elbow dysplasia is an abnormal development of the elbow joint which affects the cartilage and bone in the joint. One of the most common forms of elbow dysplasia is the fragmentation of the coronoid process (FCP), which results in pain, swelling, muscle wasting and progressive degenerative osteoarthritis. It occurs most commonly in large or giant breed dogs such as Golden Retrievers, Labrador Retrievers, and Rottweilers. It is considered a developmental disease (with a genetic component) resulting in pain and lameness, typically occurring during growth from about 5-12 months of age, however signs can be apparent at any age.

Your veterinarian may recommend surgical treatment which will involve the removal of the fragmented bone and damaged cartilage via key hole surgery. Physiotherapy is highly recommended after surgery to maximise the speed of your dog's recovery, ensure a safe return to appropriate exercises and reduce the progression of osteoarthritis.

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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