

## PHYSIOTHERAPY For Shoulder Injury



The shoulder joint is a common site of injury and lameness in the front leg of the dog, given it is a weight bearing and highly mobile joint. The shoulder region is prone to tendon pathology, fractures, joint instability and muscle injury. Like the human shoulder, stability around the shoulder joint is vital and without stability, this joint is a risk of excessive wear and tear and subsequent development of osteoarthritis.

Physiotherapy is highly recommended to manage shoulder injuries conservatively or following surgery to maximise the speed of your dog's recovery to guide a safe return to appropriate exercises.

### 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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