

## + PHYSIOTHERAPY

### For Neck Injuries



Spinal injury and neck pain is very common in the dog. Spinal injury may be degenerative in nature or may occur secondary to trauma affecting the nerves and spinal column. Surgery may or may not be indicated depending upon injury severity, age or risk of complications.

Physiotherapy is a vital component in the management of spinal injury whether it is treated conservatively or post operatively. Following surgery it is important to allow the injury to heal and for your dog to have strict rest (can be 6 - 12 weeks depending on recovery). Full healing can take more than 12 months and in some cases may result in a degree of paralysis or ataxia. It is important to begin physiotherapy as soon as possible after surgery or injury. Initially exercises should be easily tolerated, with increasing amounts added as your dog improves. This will be guided by your physio.

#### + 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.

#### + Making an Appointment

Physiotherapy is currently available every **Tuesday and some Thursdays** at **Brisbane Veterinary Specialist Centre (BVSC) + The Specialist Clinic** at 2/57 Old Northern Road, Albany Creek. Sandra provides a thorough 1 hour assessment including hands-on treatment, advice and provision of home program. Following consultations are 30 minutes.

A veterinary referral is required prior to initial consultation and a referral form can be downloaded from the BVSC website as well as physiotherapy information sheets.

To make a physiotherapy appointment, contact BVSC's friendly reception staff on (07) 3264 9400.

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