



Canine Water Wellness

HYDROTHERAPY & AQUATICS

What does swimming in a warm water pool do?

We can see the benefits in the following ways.

Movement:

- because movement in the water is non-weight bearing, stress on the joints and muscles is diminished
- full extension of the limbs is facilitated, allowing for a greater range of movement and easing of stiff joints
- encourages all muscle groups to work together, creating a full range of strength and conditioning (cardiovascular and respiratory) benefits in a efficient and safe way
- proprioception is increased due to water wrapping around the body and simulating the nervous system
- aids in weight loss when used as part of an overall program

Warm water temperature:

- relaxes the muscles allowing for increased flexibility, mobility, contraction of muscles
- increases circulation which aids in the delivery of oxygen and nutrients, detoxification, stimulation of sensory receptors and improved quality of skin and coat condition
- helps reduce muscle tension and pain

Buoyancy, resistance and hydrostatic pressure:

- hydrostatic force and the 'non-gravity' quality of water also increases blood flow which aids in the functioning of the metabolism, lymphatic and immune systems
- hydrostatic pressure can aid in decreasing swelling of joints and soft tissue which eases pain
- hydrostatic pressure provides joint positional awareness
- resistance caused by movement in the water increases muscle strength and works the cardiovascular and respiratory systems

Emotional state:

- the very essence of water calms and soothes the nervous system
- increases confidence and sense of self - you can see the sense of pride when they realise that they can swim!
- regaining independence - dogs that can not longer participate in activities that it used to can now move more freely again
- mental stimulation - boredom relief, activation of the senile mind, increased eagerness for new experiences
- human to dog bond - the connection and trust is greatly strengthened

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