

We want to make your sessions here at Tudor Hydrotherapy Centre as relaxed and enjoyable as possible for you and your pet and so here is a bit of information about how to prepare for and what to expect at a treatment session. If you have any further questions, please get in touch.

Preparing for a hydrotherapy treatment session

- 🐾 Remember that your pet should not be fed for 2 hours prior to the treatment session and to give them the opportunity to go the toilet before they arrive.
- 🐾 Please make sure that your pet is suitably restrained using a collar, harness and lead or carrier, especially in the car park and waiting room.
- 🐾 It is advised not to exercise your dog prior to your appointment, if they have exhausted themselves or done their daily recommended exercise, we could be overworking them which is counterproductive to treatment.
- 🐾 If your pet is vomiting, has diarrhoea or increased lameness then please contact us to re-arrange their session to a time when they are feeling better.

During the session

- 🐾 There is ample parking at the centre and on entering the centre you will be met by one of our experienced and friendly hydrotherapists. They will take you through the treatment area where your pet will be familiarised with the surroundings. Our therapist will have a chat with you to find out more about you and your pet and why you have come to see us.
- 🐾 Once your pet is ready to start treatment they will be fitted with a suitable harness and have a warm shower to warm up their muscles and prepare them for their treatment session. At their first session, we will spend time getting them used to the water treadmill. They will hear unfamiliar noises such as the opening and closing of the treadmill doors and the noise of the water as the treadmill fills and empties and we will ensure they are comfortable with that before starting treatment. We have treats and toys to help put your pet at ease.
- 🐾 Initially the time your pet spends in the treadmill will be relatively short and is usually gradually increased in response to your pet's response to treatment.

After the session

- 🐾 After treatment your dog will be rinsed off and shampooed if necessary, if your dog suffers with skin problems please bring along any prescribed medicated shampoo. We will then towel dry them.
- 🐾 We recommend you bring along a warm fleece coat or blanket for the journey home to keep your pet warm. Letting them get cold will stiffen their muscles and joints up. We strongly advise your pet wears a coat on the way home during cold winter weather.
- 🐾 Once you get home make sure they have had the opportunity to go to the toilet and then let them rest for the remainder of the day
- 🐾 Possible side effects of aquatic massage can include diarrhoea, thirst, nasal discharge, vomiting and strong urine. These symptoms should normally resolve on their own within 48 hours.
- 🐾 You should ensure that you monitor your pet and make us aware of any increased lameness, stiffness or if they are overly tired after a session. Some stiffness is normal after having done this type of exercise; the effects usually last no longer than 48 hours.
- 🐾 It can be useful to keep a record of your pet's exercise routine during treatment to make it easier to monitor the amount of time spent exercising and what challenges may have been faced on their walks.
- 🐾 We provide an activity diary for you to use if you want to, this also makes it easier for us to see if you could be doing anything differently in your routine to benefit them further during treatment.
- 🐾 We recommend that you do not feed your pet for at least 2 hours after their session.
- 🐾 Please do not allow your dog to swim in cold seas, river or lakes during their treatment, this can significantly affect their recovery time.