

Contents

1	Hip dysplasia (HD): tips, pain reduction & treatment.	4			
	Why all the fuss, then?	4			
	Radiation.	5			
2	The anatomy of HD.	6			
	What does a hip joint look like?	6			
	What is HD?	6			
	What's wrong, exactly?	7			
	What is the cause of HD?	7			
	Is HD hereditary?	7			
	Why does my dog need an anaesthetic for the X-ray?	8			
	Why does the X-ray need to be analysed by an expert?	8			
3	How can I prevent HD in my puppy?	10			
	Sensible nutrition	11			
	Keeping trim (or losing weight)	12			
	Sensible training.	14			
	My dog is still young, but	16			
	Are dog exercise classes suitable for puppies?	17			
	Which type of activity is suitable?	17			
4	The results indicate mild to moderate HD: what now?	18			
	Does a dog instinctively know what is good for him?	19			
	Case history: Angie	20			
	Why are the muscles so important?	20			
	What else can I do?	21			
	Why does my dog need a canine physiotherapist?	21			
	How can I tell if my dog has HD?	21			
5	Kira's story	24			
6	Worsening symptoms of HD.	26			
7	What treatments are available?	28			
	Medication.	28			
	Help! How do I give my dog medication?	29			
	Any tricks are allowed	30			
	What operations are available for HD?	31			
8	When the vet advises surgery.	33			
	What if an operation is not possible?	33			
	Case history: Kira	34			
	Tomorrow is the day of the operation	34			
	Why is this strict fasting necessary?	34			
	After the operation	35			
	Getting back to normal	35			
	More medication.	36			
	On the lead.	37			
	Finding a canine physiotherapist.	38			
	Nutrition.	39			
	Case history: Cracky.	39			
9	What is the role of a canine physiotherapist?	41			
	Case history: Kira	41			
10	Care and activity during the rest period.	43			
11	What can the physiotherapist do to help?	47			
	Massage.	47			
	Heat therapy.	47			
	Cold therapy.	47			
	Ultrasound therapy	47			
	Electro-therapy (TENS).	48			
	Low-level laser therapy	49			
	Exercise therapy (active and passive)	49			
	Aquatherapy.	50			
12	After the stitches have been removed	52			
	Does my dog still need his medication?	52			
	Off the lead – what now?	52			
	Obedience problems	53			
	Case history: Kira	55			
	Aqua-jogging rehabilitation programme.	55			
	Summary.	57			
13	Exercise to rebuild muscle.	58			
	Back to basics.	58			
	Hindquarter weight-bearing	59			
	Hindquarter flexibility	64			
	Through the tunnel	65			
	Balance exercises	65			
	Isometric exercise	67			
	Standing on three legs	68			
	Slow steps.	68			
	Walking uphill	68			
	Inclined plane	70			
	Tight turns.	70			
	Exercises on the trot	70			
	Walking backwards.	71			
	Dancing bear	71			
	Climbing steps.	71			
	Sit-and-stand exercises	71			
	Lifting the paws	71			
	Swimming	73			
	Summary.	74			
	Appendices: Useful accessories.	75			
	Further reading	77			
	Index	80			