



HYDROTHERAPY AT BARKINGHAM PET HOTEL CALIFORNIA

Hydrotherapy provides a gentle, low impact workout, allowing dogs to build muscle, strength and endurance without putting excessive stress on your joints. Our state-of-the-art underwater treadmill serves to alleviate a broad spectrum of muscular and skeletal conditions. Hydrotherapy offers a holistic approach to addressing weight management, and aging-related issues, and augments your pets range of motion, balance, mobility, and flexibility. It helps to strengthen muscles and can improve your dog's gait. The water level, treadmill speed, and overall activity will be adjusted to the needs of your dog.

BENEFITS

- **Pain Management:** The buoyancy of water reduces the effects of gravity, relieving pain associated with conditions like arthritis, joint dysplasia, and musculoskeletal injuries.
- **Stress Reduction:** The calming effects of water can alleviate anxiety in dogs, providing a soothing and enjoyable experience that can positively impact their mental well-being.
- **Improved Range of Motion:** The resistance of water encourages a fuller range of motion in joints, promoting flexibility and preventing stiffness.
- **Enhanced Muscle Tone:** Hydrotherapy engages various muscle groups, helping dogs develop and maintain muscle strength, which is vital for overall mobility and stability.
- **Weight Management:** Water's buoyancy supports a dog's weight, making hydrotherapy an effective way to help overweight or obese dogs shed excess pounds.
- **Increased Circulation:** The resistance of water stimulates blood flow, promoting better circulation and aiding in the delivery of oxygen and nutrients to cells.
- **Improved Cardiovascular Health:** Regular hydrotherapy sessions can lead to improved cardiovascular fitness, benefiting dogs with heart conditions or those in need of a low-impact cardio workout.
- **Faster Recovery from or Injury or Surgery:** By facilitating controlled movement, hydrotherapy can expedite the healing process after surgery or injury, allowing dogs to regain function sooner. (Veterinarian approval required).

ANXIETY-RELIEF FLOATS

Warm water "floats", with relaxing swaying motions can help relax the body and mind. Cradled in my arms, the swaying motions calm the mind. This is similar to a WATSU massage that humans experience. The warm water helps your dogs muscles relax. The underwater treadmill can also be used to walk the anxiety off.

IN HOME OPTION

As an option, I also offer in-home therapy in your very warm pool, hot tub, or bath tub depending on the size of each dog. I have had great success in outdoor hot tubs. The water temperature is set at 90 to 95°. No hot tub? If you have a very small dog I can work in a Jacuzzi tub indoors and have had great success with small dogs swimming and floating in-home. In-home sessions require a nominal travel fee.



Hydrotherapy by Wendy Rall, CMFT, CCH, CACLT, CKTP

Call today **760-691-5750** | Barkingham Pet Hotel California | 73650 Dinah Shore Dr Palm Desert, CA
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