



## Frequently Asked Questions

### *What is hydrotherapy and how will it benefit my dog?*

Hydrotherapy is a form of physiotherapy carried out in water. For most conditions where hydrotherapy has been recommended to you, either through a friend or your vet, the main reason your dog will be having difficulty is due to muscle wastage somewhere. The properties of water offer an environment in which your dog can exercise muscles, joint, ligaments and tendons without feeling any of the shocks they would when walking on land. The resistance created by moving through the water works the muscles much harder, whilst the buoyancy creates a greater range of movement in the limb, both help to increase that lost muscle tone which will help to support affected joints and make your dog much stronger.

### *How long is each session?*

Our Initial Assessment lasts approximately 1 hour. We will discuss your dogs condition with you, how long you have been noticing the issues, anything they are struggling to do at home, your current exercise regime and what your goals are. We will take some measurements which along with your observations at home will be used to assess progress. We will look very closely at the way your dog is moving and establish the best way for you to be exercising them at home. The session will end with a very gentle introduction to the water treadmill. We will then build on this during future sessions. It is important for you to monitor how your dog is at home following each session and report back to us.

Each follow up session will be 30 minutes long.

### *What will my dog do in the water?*

All treatment is carried out in the under water treadmill. This means your dog will be walking through water rather than swimming. This is a functional movement so ensures your dog is building the muscles they need to carry out their day to day tasks. We are able to control the speed the dog is moving at which means we can ensure we are really targeting the areas that need strengthening. The first session can be a little scary for them especially if they're not keen on water. Don't be too concerned if they look a little worried. They soon get the hang of it. It is important to give them lots of reassurance. We take our time and try to keep them as calm as possible. Most of them grow to love it!

### *What do I need to do to be able to bring my dog to you for hydrotherapy?*

All dogs are treated under a veterinary referral. We will need your name and address, the dogs name and which veterinary practice you use to be able to obtain this from them. All you need to

do is provide us with this information and arrange a suitable appointment time with us and we will do all the rest.

*Will my insurance policy cover me for hydrotherapy treatment?*

Yes, they should. All of our therapists are members of The Institute of Canine Hydrotherapists (part of the Institute of Registered Veterinary & Animal Physiotherapists) MIRVAP (ICH) . This is the only stipulation most companies make. It is best to give them a call before attending sessions to confirm their policy as they are all slightly different. We are happy to complete claim forms for you as and when you require.

*How much does the treatment cost?(as of May 1<sup>st</sup> 2026)*

Initial Consultation = £70

Follow up sessions = £50

You will be emailed an invoice after each session if you would like to make payment via BACS or we can take payment at the time of the session via card or cash.

*How often will I need to bring my dog?*

This is easier to answer once we have seen the dog and carried out an assessment, however, most dogs come to us once a week. 10 sessions is a good place to start. We will then review how they are getting on and may decide to sign them off or that they need further treatment on a maintenance programme.

*Do I stay there for the duration of the session?*

In most situations you are the best motivation for you dog, so yes. There are some situations when dogs can be more anxious when their owners are present. We will be sure to discuss with you during treatment if we feel your dog may be calmer if you weren't in sight. We will work with whatever is best for you and your dog.

*Do I need to bring anything with me?*

A towel for the car journey home. Any favourite treats or toys that may help to motivate them.

Please make sure your dog has been toileted before their session. There is a charge for defecating in the water due to the down time required to clean the system before it can be used again.

If you arrive early for your session please wait in the car until you are called in. We only treat one dog at a time and need to give them 100 percent of our attention. Your cooperation in this is gratefully appreciated.

It is very useful for you to tell us in advance if your dog has any handling issues, food intolerances or noise phobias. They will be required to wear a harness during treatment so if you think this could cause an issue again please let us know in advance.

Date 29/4/26

All of this information can be provided on the questionnaire we will send you to complete before your first session.

*Do you offer any other treatments at Aqua Dogs?*

Yes, we work closely with a Veterinary Physiotherapist. If we feel your dog will also benefit from land based physiotherapy techniques we will discuss this further with you and arrange a referral and appointment.

Physiotherapy treatment works to relieve the muscular soreness created by compensatory movement, which will enable your dog to move much more freely and gain extra benefit from their hydrotherapy treatment. Methods of treatment involve soft tissue work and appropriate electrotherapies such as LASER.

Costs are £95 per session. They will usually be seen a few weeks after the first session and then less frequently. All sessions will be held at Aqua Dogs in our dedicated land based room. Stand alone weekly LASER sessions may be considered appropriate following the initial physiotherapy assessment. These are then £47.50 a session.

*Where are you?*

Cwm Cottage Blackbrook Road Caerphilly CF83 1NF (use Blackbrook Road in sat nav rather than post code) Just enter Aqua Dogs in Google maps and you will arrive at our door!

Turn right on to Blackbrook Road from Caerphilly Garden Centre round about or left from Thornhill Road. Cwm Farm is the second turning on your left with Cwm Kennels and Aqua Dogs being on your left as you turn left into the driveway

*What are your opening hours?*

Monday	10-8
Tuesday	10-8
Wednesday	10-8
Thursday	10-8
Friday	10-8

We look forward to seeing you soon!