



Aldgate
Veterinary
Practice

Rehabilitation and Your Pet



Meet our rehabilitation team

Here at Aldgate Vets we are committed to improving your pet's quality of life in the least invasive way possible.

That's why we have our own in-house, dedicated Rehabilitation team to provide a holistic approach to managing chronic pain, supporting recovery post-surgery, recovery from injury and our fun and fitness sessions which aid weight loss and help create a healthy lifestyle.

Our Bridlington-based veterinary practice includes a large, heated dog hydrotherapy pool and an underwater treadmill for low-impact exercise, whilst our physiotherapy and laser therapy can be administered at both our Bridlington and Driffield sites.

Our ultimate goal is to help your pets thrive, using tailored rehabilitation techniques to restore their vitality and ensure they lead long, healthy lives.



Rayana - Veterinary Surgeon
Currently on Maternity Leave

Recognising and treating chronic pain in pets has been a lifelong passion of mine. To deepen my understanding of chronic pain and advocate for better awareness, I obtained the ESVPS Certificate in Clinical Small Animal Behaviour and the WVAG Certificate in Chronic Pain Management and Acupuncture. I'm also proud to serve on the board committee of the British Veterinary Rehabilitation and Sports Medicine Association.

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Gwen - Physiotherapist

I grew up in Germany surrounded by animals, and qualified as an animal physiotherapist there in 2022. Before moving to the UK, I ran my own small business, gaining valuable hands-on experience. Moving here has given me the opportunity to live in the place where my father grew up and where I spent many happy childhood holidays. I'm now very pleased to be part of the Rehabilitation team, as I've always believed that combining different skills and approaches is key to giving animals the best possible chance of a successful recovery and a great quality of life.



Michelle - Hydrotherapist and Registered Veterinary Nurse

I joined Aldgate in 2013, completed my nurse training, and worked as a Registered Nurse for several years. Now part of the Rehabilitation team, I am a qualified Hydrotherapist with a keen interest in nurse clinics. I have a degree in Animal Management and Behaviour from the University of Hull and have always been passionate about working with animals. I find love helping patients regain mobility and confidence, knowing that every session contributes to their overall well-being.



Lucy Dawson- Physiotherapist / Hydrotherapist

Lucy holds a BSc (Hons) in Equine Sport Science and a MSc in Veterinary Physiotherapy. Lucy qualified as a Vet Physio in 2020 and moved to Jersey to work at a mixed practice as a physio and hydrotherapist. She worked with a variety of companion animals and equines and has experience in the rehabilitation of orthopaedic and soft tissue injuries, along with the management of geriatric, chronic pain and behaviour cases.

Lucy has a particular interest in neurological physiotherapy and is passionate about working with, and supporting, owners through the intensive care requirements of patients.





What is a rehabilitation consultation?

Rehabilitation provides a holistic approach to maintaining your pet's quality of life, and can be used to manage:

- 🐾 **Arthritis**
- 🐾 **Neurological disease**
- 🐾 **Post-surgical recovery**
- 🐾 **Joint dysplasia and other orthopedic conditions**
- 🐾 **Soft tissue injury**
- 🐾 **Fitness and conditioning**

Therapy is specially tailored to your pet and could include class 4 laser therapy, physiotherapy, dietary and lifestyle advice. Our team can also offer advice on modifications you can make at home.



New patients requiring rehabilitation must start with an initial consultation with one of our physiotherapists.

This is what you can expect during the assessment:

- 1 We'll discuss your pet's history, ask about home life and exercise, before completing a gait assessment and a physical examination to look at sources of pain and compensatory mechanisms.
- 2 We'll discuss our findings with you and agree a treatment plan that best suits you and your pet. This might include hydrotherapy, laser, massage and other manual techniques and exercise.
- 3 Any initial treatments, including laser therapy (if appropriate), are included in the appointment.
- 4 We'll discuss progression and expectations, and agree a timeframe for follow up appointments.
- 5 Finally, we will outline our findings in a report for your referring vet.

Class 4 Laser Therapy and Your Pet

What is class 4 laser therapy?

Veterinary laser therapy provides a non-invasive, pain-free, surgery-free and drug-free treatment that is used to treat a variety of conditions and can be performed in conjunction with existing treatments.

The abbreviation 'laser' stands for Light Amplification by Stimulated Emission of Radiation.

How does class 4 laser therapy work?

Laser therapy involves directing infra-red light into inflamed or damaged tissues to accelerate the body's natural healing process.






Laser therapy is often used for musculoskeletal issues, such as arthritis, but the benefits of laser including wound healing, skin complaints and dental disease.

The laser is placed in direct contact with the skin, which enables light photons to penetrate the tissue. Specific wavelengths of light interact with molecules within the cells to cause several biochemical effects.

These effects include an increase in local blood supply, a reduction in inflammation and an enhancement in tissue repair mechanisms.

What are the benefits of class 4 laser therapy?

There are many potential reported benefits to laser therapy:

-  Anti-inflammatory and pain relief
-  Enhanced tissue repair and wound healing
-  Soothing muscle tension
-  Reduction of scar tissue
-  Improved nerve function

What happens during a class 4 laser therapy session?

You should expect your pet to require several sessions of laser therapy in most cases (the frequency will be discussed at your pet's initial appointment).

The laser is non-painful and only produces a light warming sensation.

The head of the laser machine is held directly over the area to be treated for the scheduled treatment duration (usually 3-15 minutes).

There are no known side-effects of laser therapy, and many pets find it quite relaxing with some even falling asleep during treatment!



Hydrotherapy

Our Bridlington practice is home to a large, 30-degree heated hydrotherapy pool and underwater treadmill for low-impact exercise.

Whether your dog or cat is being treated due to injury, fighting the signs of old age, maintaining fitness, improving water confidence or simply having fun, hydrotherapy can provide many benefits to your pet.

The warm water helps relax muscles and improve joint range of motion. The supportive environment is perfect for those struggling with balance and coordination, or needing to take the weight off sore joints. And the added resistance of moving through water helps improve fitness and muscle strength.

What to expect in our sessions

Following your initial consultation, if we feel hydrotherapy is the right route for your pet, together, we will arrange an appointment for your pet to begin treatment.

The first session will involve an introduction to the equipment. This will be done at a pace suitable for your pet; not all pets take to the water immediately and we will accommodate this and take our time to ensure they have a comfortable experience and build confidence.

Following this, you will have follow up sessions at a frequency to suit you and your pet.





Meet Roary

Roary, a Cavalier King Charles Spaniel, came to see us after suddenly struggling on his back legs after a walk. His owners took him to the Aldgate Vets Bridlington-based out of hours team, where vet Giles recommended conservative management over surgery, due to his age and other conditions.

Under the care of Rayana, our veterinary surgeon specialising in pain management and rehab, Roary began an intensive treatment plan, including laser therapy, acupuncture and prescriptive exercises to rebuild his strength, before starting hydrotherapy.

The results

After just a week, Roary's owners noticed he was happier and more mobile. With continued therapy, he gained strength and was ready for hydrotherapy. His previous tension from compensating for weakness eased and, as his legs grew stronger, he returned to weekend adventures with his doggy sister, Lady. The rehab team is incredibly proud of Roary and his dedicated owners!

Want to know more about hydrotherapy?

Give the Rehabilitation team a call on our
Bridlington Practice **01262 677269**.

Pricing structure

Treatment	Details	Duration	Price
Initial Physiotherapy Consultation	<ul style="list-style-type: none">• Initial rehabilitation consultation with one of our physiotherapists.• Includes physical assessment, initial treatment and a report to the referring vet.	1 - 1.25 hours	£75
Follow Up Physiotherapy Consultation	<ul style="list-style-type: none">• Follow up consultation with one of our physiotherapists.• Includes reassessment and any follow up treatments.• Frequency is dependent on the condition.	45 mins - 1 hour	£50
Laser Therapy	<ul style="list-style-type: none">• Rehab team laser treatment session.	Dependent on treatment area	1-5 mins = £15 6-15 mins = £25 >16 mins = £35



Treatment	Details	Duration	Price
Hydrotherapy	<ul style="list-style-type: none"> Treatment carried out by the hydrotherapy team in the pool or underwater treadmill. Prices vary. Please contact the team for more information. 	45 mins - 1 hour	From £40
Fun & Fitness Swim	<ul style="list-style-type: none"> Only suitable for dogs without pre-existing health conditions and must be cleared by a veterinary surgeon to attend. 	30 minutes	£35

If you'd like to make an enquiry or book a consultation, please email rehab@aldgatevet.co.uk for more information, or call us on **01262 677269**.





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