

# your Pets

We spent a day at Pet Wellness Worx, a Cape Town rehab centre where the passionate therapists offer treatments, reassurance and love. These are some of the therapies available to rehabilitate your pet, be the issue behavioural, an injury, recovery or old age.

## therapists



**Lorren Barham**  
owner of  
Pet Wellness  
Worx & Animal  
Hydrotherapist



**Mandy Gibson**  
Tellington  
TTouch  
practitioner  
and animal  
behaviourist



**Michelle Moxley-Lamprecht**  
Animal  
Rehabilitation  
Practitioner



**Britta Morgenroth**  
Trainee Animal  
Therapist



**Dr May Maritz**  
Acupuncturist

## Lexi



**ABOVE:** THE DAY LEXI WAS RESCUED  
**RIGHT:** AN X-RAY OF LEXI'S HIPS BEFORE HER OP



Sweet Lexi, a mixed Africanis breed rescue, was adopted at the age of eight months. She has since been diagnosed with bilateral hip dysplasia, which is abnormal development of the hip joints. As she has experienced pain since she was a puppy, her temperament is anxious and nervous. Once she's relaxed and at ease, though, she's a different character! In June, Lexi underwent femoral neck resection on her left leg, during which the head of the femur was removed. The fibrous tissue then created a false joint with no bony contact, allowing for pain-free movement. Lexi is undergoing physical therapy to reduce inflammation, maintain her range of motion within the joint, control her pain and regain her limb function. She is scheduled to have the same surgery on her right leg.



THE BODY WRAP



THE EAR TTOUCH

## TELLINGTON TTOUCH

This gentle method addresses both health and behavioural problems in animals. The therapist uses a fairly light touch to the skin without involving the underlying muscle tissue. It takes cooperation and understanding between the therapist and animal. Through the bodywork and movement exercises, and without fear or force, the behaviour and wellbeing of pets are positively influenced.

**TTOUCH IS USED FOR:**

- improving behaviour or temperament
- alleviating pain related to age (such as from arthritis and hip dysplasia)
- helping injuries and surgeries to heal faster
- deepening the bond between you and your pet
- improving your pet's confidence, balance, agility and performance
- overcoming fear of thunderstorms and loud noises

Pets, like humans, hold emotional issues at the cellular level. With TTouch, a therapist can find where your pet is holding emotional tension and help release it.



LEXI FEELING RELAXED AND DESTRESSED

**THE BODY WRAP:** This special type of bandage is used in different configurations. It helps your pet create an awareness of their body and gives them a sense of security, just like wrapping a baby in a blanket. Studies show that this has a calming effect on the nervous system, resulting in physical, emotional and behavioural change.

**THE BODY WRAPS HELP PETS OVERCOME:**

- nervousness
- reactivity
- car sickness
- hyper excitability
- lack of confidence
- fear of loud noises such as thunder or fireworks
- aversion to a harness

**THE EAR TTOUCH:** This is one of the most important things you can do for your dog, especially in an emergency or after a shock. This TTouch helps reduce stress, induce relaxation, improve digestion, and overcome fatigue and car sickness.



PHOTOGRAPHS: ANEL VAN DER MERWE, SUPPLIED

**ABOVE AND BELOW:** LEXI DOING A CONFIDENCE COURSE THAT STIMULATES HER MIND, BUILDS CONFIDENCE, HELPS HER BALANCE AND STRENGTHENS HER MUSCLES AND CORE, AS WELL AS IMPROVING COORDINATION, CONCENTRATION AND SELF-CONTROL.



**PROPRIOCEPTION MAT (BELOW):** Slow-walking over different textures allows the animal to focus on placement and movement, making them think about what they are doing, which stimulates the senses and activates neural pathways.



## PHYSIOTHERAPY

A variety of physiotherapy techniques is used to increase function and mobility of joints and muscles, as well as to reeducate neural pathways (to help get the messages to the brain). Physiotherapy focuses on core strength, and in active rehab, body position helps achieve this. It is very important, as the core should be the strongest set of muscles. One of these exercises is 'pick up and place', during which the animal concentrates on picking up and placing their legs down again as slowly as possible.

**GIANT PEANUT:** This rehab device is great for pets who do not have good motor control and lack core function. Lexi is placed standing on her hind legs with the front of her body leaning over the peanut. The peanut is gently rolled, making her use the muscles in her hind legs, which helps to strengthen them.

**WOBBLE BOARD:** This board is used to activate the muscles in the thighs and core area. The animal is placed in the middle of the board, which is then gently wobbled from side to side causing them to distribute their weight from their back legs to their front legs. Moving their head while balancing also helps to distribute their weight.



PICK UP AND PLACE

POPPET, LEXI'S SUPPORT AT EVERY SESSION



GIANT PEANUT

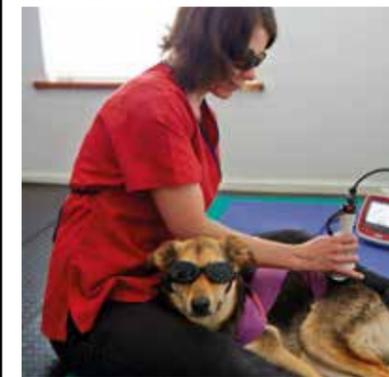
BALANCE AND CORE ACTIVATION



STIMULATING NEURAL PATHWAYS

WOBBLE BOARD

## LASER THERAPY



This therapy is only used on a pet of over 18 months once all the growth plates have closed. A heat source is sent into injured tissue, warming the muscle to allow easier mobilisation. It has an anti-inflammatory effect, and is a natural way of healing without cortisone. It also increases the blood flow to damaged tissue and cells through micro-circulation, which alleviates chronic and acute pain more quickly and efficiently than any other technique. At the same time, it improves cellular metabolism, function and oxygenation, resulting in better health. Both therapist and pet have to use eye protection during this procedure.

## HYDRO TREADMILL THERAPY

This takes place in a large tank, with water warmed to between 29-31 degrees, and an underwater treadmill. It allows the pet to make use of muscles without concussive stress on joints and makes exercise more tolerable, which might not be possible on land. Water also

provides much more resistance than air, giving more exercise in a shorter time, and allowing multiple sets of muscles to be used simultaneously. The warm water increases circulation, improves nerve conditions and



coordination, prevents injury, promotes an increase in soft tissue elasticity, decreases pain and relaxes the muscles, which prevents muscle spasms and increases the range of motion. The muscles are also bulked up, making them better able to support the affected areas.



For more info, email [info@petwellnessworx.co.za](mailto:info@petwellnessworx.co.za) or call (021) 558 5092 or 083 704 6804