

# M2M Pack Mail

## In October at Muzzle to Muscle

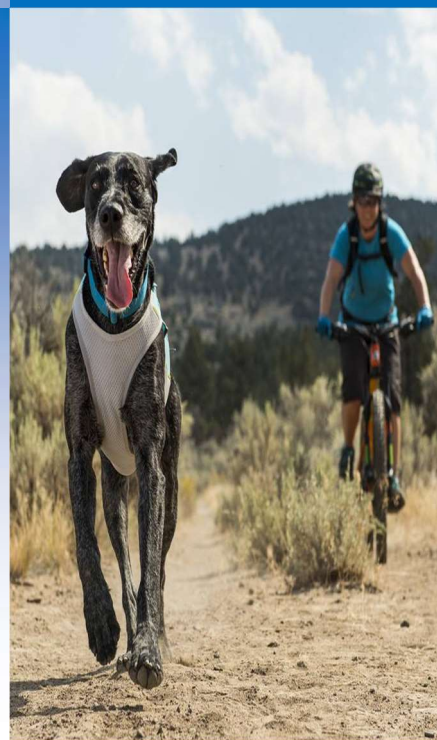
October was a busy month for us at Muzzle to Muscle. We saw the return of some familiar faces, such as Spencer, who has returned from his second hip replacement surgery. He is now undergoing gentle treadmill sessions before he is allowed back in the pool. Don't worry buddy; you'll be back in the pool in no time.

Bella also returned for some more work on her shoulders. She is improving with each session which is a credit to her dedicated owners who travel from Charters Towers for each session.

On the 15<sup>th</sup> our fantastic Osteopath, Louise, hosted a fundraising morning tea. She raised nearly \$1,000 with all money being donated to Save a Stray Townsville. Great effort Louise!

On the 26<sup>th</sup> we fitted Lady with her new K9 Cart. She is loving life again now that she is upright and mobile.

On the 31<sup>st</sup> we celebrated Katey's birthday, but we aren't allowed to say how old she is.



## Muzzle to Muscle

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*Relax Recover Rehabilitate*

Find us on the Web:  
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## Canine Christmas Fair

Following the success of last year's Canine Christmas Fair, we knew we had to bring it back. So, the second annual Muzzle to Muscle Canine Christmas Fair will be held on 12 November.

The Canine Christmas Fair isn't just for the dogs. With face painting, entertainment and a special appearance by Paw Patrol's Chase and Marshall, it has something for every member of the family.

This year we will also have a wider range of stalls offering all kinds of doggie and owner treats. So you can support small local businesses and do a spot of Christmas shopping while you are there.

The festivities kick off from 8 am. So bring the dogs, bring the kids and enjoy a family-friendly morning out.

See you there.

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*We thought our dog, Bud, was too old to fix and was destined to spend the remainder of his time stiff and in pain. But, with Katey's magic hands, he is bouncing like a pup again. – Wendy, M2M client*

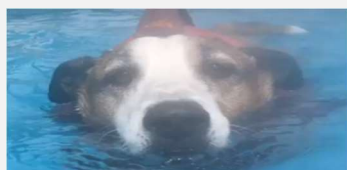
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### Muzzle Profile - Jack

Jack first came to Muzzle to Muscle with movement issues which we thought were caused by excess weight. After finding out that Jack had luxating patellas (a dislocation of the kneecap), we started him on swimming. This was the ideal exercise for Jack as it minimised the stress on his fragile knees.

After attending weekly swimming 'lessons' over the past few months, his weight is down, and he is back to enjoying life free of movement issues. We even had to give him a smaller lifejacket!

Way to go, Jack!



## What is Dry Needling

Dry Needling, also known as Myofascial Trigger Point Release and Rehabilitation Therapy, is a form of treatment which deactivates knots within muscle bands – also known as trigger points.

Dry Needling involves inserting small monofilament needles directly into the trigger points. Results are instantaneous, with patients showing immediate signs of decreased pain and increased muscle motion. Treatment has also been known to lengthen muscles, improve athletic performance, improve the immune system, reduce inflammation and improve a dog's mood.

Dry Needling can be used in conjunction with many other treatment methods. At Muzzle to Muscle, we use Dry Needling in conjunction with exercise-based treatments as a means of treating osteoarthritis, Hip Dysplasia and other orthopaedic conditions. We also use Dry Needling to reduce inflammation when our patients are in rehabilitation from surgery or injuries.

Unlike acupuncture which only goes skin deep, the needles used in Dry Needling go muscle deep. This is because Dry Needling focuses on treating the neuro-musculoskeletal systems; that is this method treats the nerves, muscles and skeleton.

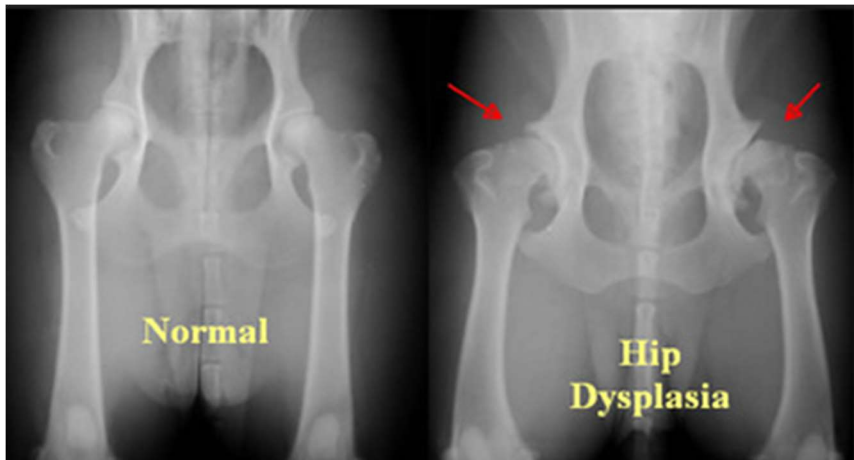
Many older dogs who are suffering from niggling, age-related conditions could benefit from dry needling as the treatment can reduce the inflammation surrounding old, taut muscles and will help the muscles loosen. This can result in a mature dog gaining decreased pain and better muscle function. It could give them a renewed spring in their step.

If you would like to know more, please do not hesitate to contact our office.

## What is Hip Dysplasia in Dogs?

You may be familiar with the term Hip Dysplasia as it relates to human babies. The dog version of the deformity is very similar and affects many large breed dogs during their growth period. Hip Dysplasia can be hereditary but can also be caused by environmental factors such as weight gain and exercise.

As shown in the diagram, Hip Dysplasia is a condition of the hip socket. Essentially it means that the ball of the femur cannot properly fit into the socket. In healthy dogs, the socket is held in by a strong ligament. If the ligament is damaged, the femur will not be held tightly in the socket, which will cause the joint to feel loose.



*Image courtesy of Mobile Veterinary Ultrasound Service.*

Dogs can live with Hip Dysplasia for a long time before showing signs of pain. Sometimes they may not show any signs until they are reaching their later years. Others may show symptoms as early as six weeks of age. Some of the symptoms to look out for include hind leg lameness, reluctance to run and jump, difficulty when attempting to lie down or stand up and an abnormal gait.

Early intervention is critical in curing Hip Dysplasia, for the younger the dog, the more successful treatment is likely to be. If treatment is put off, the dog is likely to develop osteoarthritis. Ideally, a dog will be treated for Hip Dysplasia before they are 24 months of age – which is before skeletal growth is complete.

Treatments for Hip Dysplasia will depend on the age of the dog and the severity of the condition. However, most treatments begin with weight control: because any extra weight carried places excess strain on joints. Surgery is usually the last resort treatment unless your dog is a particularly active breed or is likely to develop a degenerative progression of the condition.

Occasionally, exercise will be recommended as a treatment. Exercise does have the benefit of increasing strength of the muscles supporting the joint, which can provide stability for the loose femur. However, exercise treatments should be carefully considered in each unique case of Hip Dysplasia. At Muzzle to Muscle, we work closely with your treating veterinarian to tailor a specific exercise regime which will not exacerbate the condition. Our supervised hydrotherapy treatments have the benefit of reducing the strain of the joint while strengthening the supporting muscles. Each patient starts working under close supervision in our monitored underwater treadmill before working up to a free-swimming option.

For more information on Hip Dysplasia, please contact our office.



### Dog Cooling Vests

As Queensland moves into Summer, now is the time to consider the ways you can cool down your best friend.

The Ruffwear Swamp Cooler vest cools your pooch using evaporation. By merely soaking the jacket in water prior to wearing, and allowing nature to do the rest, your dog can stay cool, even in the hottest parts of the day.

Using the phase transition element of evaporation, the water held in the jacket turns to vapour, and as a dog moves about, the air created from the movement cools the vapour and your dog at the same time.

The light coloured fabric of the vests also reflects solar radiation, making it an additional heat protection element of the vest.

Equipped with leash portals, the jackets can be worn on long summer walks.

Check out our range of vests in store.

N.B. The picture on page one shows the vest being worn.