AQUACANINE
HYDRO & VETERINARY PHYSIO

Benefits of an underwater treadmill over a pool



1. **More controlled weight-bearing** – Water depth can be adjusted to alter how much weight the dog carries through its limbs. This is particularly useful after surgery or with painful joints.

2. **Encourages a more normal gait pattern** – The dog walks rather than swims, allowing you to work directly on gait re-education, limb placement and symmetrical movement.

3. **Excellent for neurological rehabilitation** – The slower, supported movement gives the therapist more opportunity to assist paw placement, proprioception and correct stepping patterns.

4. **Controlled speed** – Treadmill speed can be precisely adjusted to suit the individual dog and the aim of the session.

5. **Targeted strengthening** – Water resistance increases the muscular effort required during walking while buoyancy reduces joint loading.

6. **Can improve joint range of motion** – Water depth, speed and movement can be manipulated to encourage increased flexion and extension of particular joints.

7. **Therapist can closely assess gait** – Because the dog remains visible and is moving in a predictable direction, you can observe stride length, foot placement, weight distribution and compensatory patterns throughout treatment.

8. **Often better for post-operative rehabilitation** – Exercise can be introduced gradually and progressed in a measurable way by changing water depth, speed, duration and repetitions.

9. **Useful for dogs that aren't confident swimmers** – Many dogs tolerate walking in a UWTM better than being asked to swim.

10. **Greater control over exercise intensity** – Sessions can be divided into short work/rest intervals, making it easier to prevent fatigue and deterioration in movement quality.

11. **Allows hands-on assistance** – The therapist can use manual support and facilitation techniques where appropriate to encourage correct movement.

12. **More functional movement** Walking is directly relevant to the dog's everyday mobility, whereas swimming uses a different movement pattern and is completely non-weight-bearing.

SAFE • EFFECTIVE • CONTROLLED

REHABILITATE • STRENGTHEN • RESTORE