



FEDERATION OF BOXER CLUBS OF SOUTHERN AFRICA



Brrr... it's coooold

BREEDERS PANEL NEWSLETTER

WINTER 2010

Winter 2010 has arrived and with it lots of soccer. Great to watch the games with a large hot chocolate, a warm fire and our boxers snoring at our feet. We have had some very cold spells already and those of us owning senior boxers must provide some protection from the cold for them in the form of a heating light or a special dog jacket.

In this newsletter we have included an article on hydrotherapy by Heather Whitfield. Thank you, Heather for supplying us with this information.

Please note that we are holding a seminar on 24th July at Treetops 79/1 Erasmus Rd. Raslouw, Wierda Park. The first talk will be at 11h00 by Anandi Bierman on Genetics. The second talk will be at 13h00 by Ute Füglistner on Breeding Principles. Please let Els Sporen: 012 751-0733 or Pam Zeiler: 012 664-2156 know if you would like to attend. We look forward to seeing you there.

Who serves on the 2010/2011 committee?

Chairperson: Marinda Oosthuizen

Secretary: Els Sporen

Committee members: Helen Rennie, Pam Zeiler, Uschi Wöstmann, Magda Koekemoer, Adri Erasmus

Please contact us for more information

Marinda Oosthuizen: 084 586 5139, marinda.oosthuizen@up.ac.za

Planning a litter? Be certain that health certificates are up to date for both dam and stud dog.



What is Hydrotherapy?

Hydrotherapy or Aquatic therapy is the use or application of water to promote or supplement the healing process. It is a non-stressful form of exercise and can be as basic as soaking sore feet, or tired muscles in a warm bath, submerge the body or part of the body in a spa bath or swimming in a heated pool, or using an underwater treadmill. These and other water activities including massage will provide a range of motion or exercise to limbs, bones, joints, muscles or nerves.



The primary advantage to Hydrotherapy over traditional methods is that it is a weightless environment that promotes the use of the limbs, and provides a range of motion and movement generally not attainable with normal exercise or rehabilitation programs. During the exercise the animal can move a limb with minimal stress or strain, thus allowing the muscle to move and strengthen and allow the tendons and ligaments to tighten up. Dogs that refuse to put weight on, or even use a leg following surgery will typically use the leg without any discomfort in the swimming stroke.

In order to appreciate the benefits of Hydrotherapy, one must understand the basic principles and properties of water including buoyancy, viscosity, resistance, hydrostatic pressure, surface tension and the impact of the water temperature.

Hydrotherapy is used in the treatment of various Pre-Operative Conditions and Post-Operative Rehabilitation such as:

- Arthritis
- Bone (breakage)
- Cartilage Problems
- Degenerative Myelopathy (CDRM)
- DJD (Osteoarthritis)
- Femoral Head Osteoectomy (FHO)
- Hip Replacement
- Legg Calve Perthes disease
- Ligament Repair (ACL/TPLO)
- Muscular Disorders
- Obesity and Weight Loss
- Osteochondrosis (OCD)
- Arthroscopic surgery
- Cardiovascular Conditioning
- Cruciate Ligament repair
- Depression
- Elbow Dysplasia
- Hip Dysplasia
- Hyperactivity
- Ligament Damage and Rapture
- Muscle Atrophy
- Nervous System Disorders
- Orthopaedic Injuries
- Paralysis

- Skeletal Disorders
- Soft Tissue Injuries

- Spinal injuries and disease
- Spondylosis

Benefits of Hydrotherapy and Physical Rehabilitation includes:

- Cardiovascular fitness
- Improved circulation
- Improved physical fitness
- Minimizing pain
- Psychological well-being
- Reduced anxiety and stress
- Reduction in swelling, stiffness
- Relief from pain
- Weight loss
- Fitness, stamina & muscle tone
- Increased mobility of joints
- Increased range of motion
- None weight bearing exercise
- Reduced inflammation
- Reduction in muscle tension
- Relaxation
- Strengthening of muscles

At Paws-itive Paws-abilities, I have a **customised spa bath, heated swimming pool** and an **underwater treadmill** available to offer a range of hydrotherapy treatments to patients.

Please feel free to contact me if you have any questions

Heather Whitfield,
 083 566 7009
Heather4paws@gmail.com



Can I show my neutered dog?

Dogs who were entire [both testicles in the scrotum] at the six weeks litter inspection, but who were neutered at a later stage will still be able to take part in FBCSA championship shows. A letter from the vet stating that the dog was entire and testicles were surgically removed for health purposes or general sterilization needs to be presented to the FBCSA. This does not apply to match meetings where neutered and entire dogs can be shown.



Please remember to contact the FBCSA secretary before you breed your Boxers so that you are well informed re the FBCSA rules and regulations BEFORE mating takes place.

Contact Pam Zeiler on 012 664 2156 or secretary@fbcsa.za.org

Warm winter greetings

Breeders Panel

June 2010