



The Splash !

The Official Newsletter of The Association of Canine Water Therapy

Dedicated to and Inspired by the Dogs in our Lives

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Recognizing Chinese Patterns in Geriatric Dogs

Presented by Michael Salewski, DVM, CAC, CVA
At the October 2006 ACWT meeting

*This review was written by Cindy Hickman, LMP, SAMP
(with assistance from the videotaped lecture by Vonni Goetting)*

Before we can recognize Chinese patterns in dogs, we first need to cover the basics of Traditional Chinese Medicine (TCM). TCM begins with the Taoist theory of Yin and Yang. Everything in the universe is made of these two opposites, Yin and Yang. The Tai Chi symbol explains a lot about Yin and Yang. First is that they are in opposition. Next is that everything can infinitely be broken down into its Yin and Yang components. Within Yin, there is always a bit of Yang, and within Yang there is always a bit of Yin. Yin and Yang control each other, and they also transform into each other. A perfect example of this transformation is the daylight cycle. Noon is the most Yang time of day. It is the hottest, brightest and most active. But even at noon there are aspects of Yin—shade, which is darker and cooler, and nocturnal animals which are inactive during the day. As daylight turns to dusk, Yang transforms to Yin. At dusk, there is Yin within Yang. The darkest and coolest part of the night is the most Yin time of day. But still there is Yang – moonlight and the nocturnal animals that are active. As night turns to day, there is Yang within Yin, and the cycle continues.



| Yin Qualities | Yang Qualities |
|---------------|----------------|
| Dark | Light |
| Night | Day |
| Cold | Hot |
| Inactive | Active |
| Blood | Chi |

Understanding Yin and Yang is important in detecting patterns in geriatric dogs. Yang is more ethereal, can't be seen, measured or weighed. Movement is Yang. Chi, or the life force, is Yang. For example, urinary incontinence in an older dog is a Chi deficiency of the Bladder. The activity of the Bladder needed to hold the urine in is missing, so urine flows freely. Yin is more substantial, such as Blood and Body Fluids, which are responsible for nourishing the body and

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The Splash !

President's Message

Are You Seeing Stars?



SOON YOU WILL !!!!!

New for 2007 will be a star for all members who have sent in a Member Spotlight article that was published in our newsletter, [The Splash!](#)

This clickable star will be next to the member's directory listing and will link interested viewers to that member's spotlight...showing pictures of their services, facility, and product and sharing more about what that member has to offer. A great way to support our members and offer more in their listing!

This is just one of the exciting new things that the ACWT will be offering its members in 2007.

Additionally, we'll be working toward providing video in our Members Only section for our quarterly educational events so that members who are not present at these events can still enjoy what was presented. We'll also be seeking out additional member discounts and sniffing out great products that are relevant to our industry.

We are committed to supporting our members and this industry.

Welcome to a Brand New and Exciting Year!

Cindy

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**The Association of
Canine Water Therapy**

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Sequim, WA 98382
www.caninewatertherapy.com



Mission Statement:

The Association of Canine Water Therapy is dedicated to advancing the safe practices of canine water therapy through education, establishing industry standards and building a network of support.

Vision Statement:

To be an Association that inspires us all to come together as a profession, to build standards for our work and to bring opportunities to further our skills.

Photo by Nancy Levine ~ www.browneyesgallery

Dedicated to and Inspired by the Dogs in our Lives!



Recognizing Chinese Patterns in Geriatric Dogs cont.

(Continued from page 1)

strengthening the tendons and bones. All life has both Yin and Yang, you can't have one without the other. In health, there is a balance of Yin and Yang. In the geriatric patterns, there is a deficiency of one or the other, and problems occur. Chi moves Blood, and Blood nourishes Chi. When you become deficient in one, you eventually become deficient in the other. This cycle becomes difficult to break in older animals.

According to Traditional Chinese Medicine, there are Five Vital Substances in the body:

- ◆ **Chi**, or Qi, is the life force of the body. Yang substance.
- ◆ **Blood**, a Yin substance.
- ◆ **Body Fluids**, which are all the liquids in the body other than blood, such as saliva, tears, sweat, and joint fluid. A Yin substance.
- ◆ **Shen**, the Spirit or Consciousness. It is housed in the Heart and nourished by the Blood. It is very Yang.
- ◆ **Jing**, or the Essence that you are born with. During life, Jing is constantly being depleted. Jing can not be put back into the body. An excessive lifestyle will deplete Jing more quickly, while a healthy lifestyle will optimize the usage of Jing.

There are also different types of Chi in the body which are important because different herbs are used to supplement the different types of Chi:

- ◆ **Juan Qi**, or Source Chi, is your constitution. This is the Chi you get from your parents. Weak Juan Chi can result in stunted growth,

failure to thrive, and a shorter life span.

- ◆ **Kong Qi**, or Air Chi, is Chi that enters the Lungs from the air when we breathe.
- ◆ **Gu Qi**, or Food Chi, is the Chi that comes into the Stomach from the food we eat and is digested by the Spleen, where it becomes **Ying Qi**, or Nutritive Chi.
- ◆ **Zong Qi**, or Chest Chi, is created in the chest cavity by combining Gu Chi and Kong Chi.
- ◆ **Wei Qi**, or Protective Chi, is created in the Lungs and is distributed to the surface of the body to protect and warm it.
- ◆ **Zhen Qi**, or True Chi, is derived from Zong Qi when acted upon by Juan Qi. It is the Chi that circulates in the meridians and can be accessed through acupuncture because it is superficial.
- ◆ **Zang-Fu Qi**, or the Chi of the organs. Zang-Fu Qi can be accessed by acupuncture, but is mostly nourished with herbs to bring it into balance.

There are twelve major meridians, or

energy pathways, in the body. Each is associated with an organ system, transmits Chi, has points where the Chi can be accessed, and balances the body. The meridians are paired in Yin/Yang couples known as sister meridians.

The correspondence chart (below) shows qualities associated with each meridian pair. The sense organ is used to help access the health of that particular organ system. A condition in the Lung may produce a stuffy or runny nose. The "shows" correspondence indicates what tissue a problem with that organ system will show up in. For example, a problem in the Liver may show up as dry, brittle nails. The governed part of the body is the part of the body controlled by that organ system. Obviously, the Heart controls the blood vessels since it is in charge of pumping the blood through the vessels. Fluid is the body fluid controlled by the organ system. When there is a digestive problem in the Spleen or Stomach, an abundance of saliva may occur, such as prior to vomiting.

| Meridian Correspondence Chart | | | | | |
|-------------------------------|---|--------------------------|--------------------|------------------------|--------------------|
| Yin/Yang Organ | Heart/ Small Intestine Pericardium/ San Jiao | Lung/ Large Intestine | Spleen/ Stomach | Liver/ Gall Bladder | Kidney/ Bladder |
| Sense Organ | Tongue | Nose | Mouth | Eyes | Ears |
| Shows | Complexion | Coat | Tongue | Nails | Facial Hair |
| Governed Part of Body | Blood Vessels | Skin | Muscles | Tendons and Ligaments | Bones/Teeth |
| Fluid | Sweat | Nasal Discharge | Saliva | Tears | Seminal Fluid |
| Mood | Joy | Grief | Worry | Anger | Fear |

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Recognizing Chinese Patterns in Geriatric Dogs cont.

(Continued from page 3)

The Chinese see the invasion of pathogens as the cause of disease. When Wei Qi is not strong enough to protect us, external pathogens can invade the body. External pathogens are:

- ◆ **Wind** – comes in quickly, creates quick movements in the body, and leaves quickly. Examples are itchiness and epilepsy. Wind is most often combined with other pathogens such as Heat, Cold and Damp. An example of Wind Cold would be a virus.
- ◆ **Heat** – causes redness of the skin, profuse sweating, fever, body fluids get dried out.
- ◆ **Cold** – causes muscle contractions, stagnation, and stiff movement of the joints.
- ◆ **Damp** – causes edema, heaviness, and bloating.
- ◆ **Summer Heat** – an acute combination of damp and heat, this is not seen very often. Parvo and West Nile Virus are examples of Summer Heat.

Internal pathogens develop from the inside of our bodies. Some examples are:

- ◆ **Moods** – in excess, moods can damage internal organs.
- ◆ **Nutrition** - poor nutrition can cause excessive damp and stagnation.

tion.

- ◆ **Overwork** – this can be mental or physical. Overwork can also include over breeding.

TCM practitioners use the Eight Principals, Four Examinations, and Ten Questions to identify patterns in an animal.

The Eight Principals provide a method of distinguishing different patterns from symptoms shown by the animal. They provide the practitioner a way to clarify and organize the signs in an animal to come up with a pattern and organ system that is affected.

| The Eight Principals | |
|----------------------|----------|
| Yin | Yang |
| Interior | Exterior |
| Deficiency | Excess |
| Cold | Hot |

The Four Examinations are:

- ◆ **Look** – assess the physical condition of the animal. Look at the coat, sense organs, and tongue for signs.
- ◆ **Listen/Smell** – listen to lungs, gastrointestinal activity, and the voice of the animal. Check for smells including the breath, skin, stool and urine.
- ◆ **Inquiry** – getting a history of the animal from the owner.
- ◆ **Touch-** – palpate the animal to

check for hot or cold areas, masses, pulses, any painful acupuncture points.

The Ten Questions are used in history taking and cover these areas:

- ◆ Hot, Cold and Fever, Chills
- ◆ Excessive panting
- ◆ Imbalances
- ◆ Pain
- ◆ Urine, Stool
- ◆ Thirst, Appetite
- ◆ Sleep
- ◆ Emotions
- ◆ Energy
- ◆ Gynecological

Once all the information about the animal is gathered and accessed, a pattern and treatment plan can be identified. Some of the most common patterns seen in geriatric animals are Wei Syndromes, Bi Syndromes, and Blood Stagnation.

Wei Syndromes – are generally wasting diseases. Animals may have progressive muscle atrophy and weakness of limbs, but no pain. The key to these syndromes are the lack of pain. Some examples include Degenerative Myelopathy, Intervertebral Disk Disease, or an old animal that is wasting away without a typical disease.

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Recognizing Chinese Patterns in Geriatric Dogs cont.

(Continued from page 4)

Some of the Wei Syndromes include:

- ◆ **Liver/Kidney Yin** deficiency which affects the bones and tendons. This syndrome may result from chronic illness, aging, or a poor constitution. The tendons and ligaments are not being nourished so weakness and lethargy result.
- ◆ **Blood/Qi** deficiency which affects the muscles and tendons. Much more muscle atrophy than in Liver/Kidney Yin deficiency. Since there is deficiency of the Blood and Qi, the animal will lose strength and mass. This syndrome can be the result of a poor diet.
- ◆ **Spleen Qi** deficiency has the key signs of lack of appetite and energy. The animal can also have muscle atrophy and loose stools. Can be caused by overwork.
- ◆ **Kidney Qi** deficiency causes urinary incontinence, a weak low back and cold limbs because the Kidney is unable to warm the body.
- ◆ **Kidney Qi/Yin** deficiency can be caused by a prolonged fever which dries out the body fluids. The animal may also have urinary and fecal incontinence. May occur in over bred animals because the Jing that is stored in the Kidneys has become depleted.

Treatment for these syndromes: While hydrotherapy may help to move the Qi, it is difficult to get good results without the use of herbs and then acupuncture. Herbs are used as the primary treatment to build Qi.

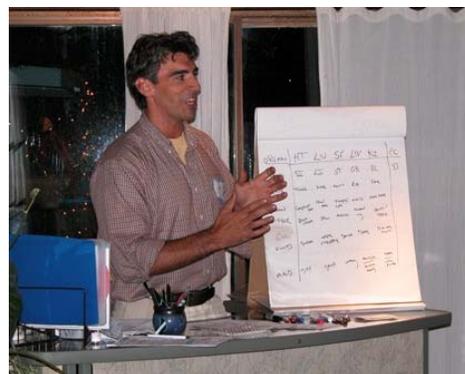
Bi Syndromes – the primary symptom of Bi Syndromes is pain. The

meridians are blocked. When Chi is blocked, the animal will experience a dull pain. When Blood is blocked, the animals experiences sharp pain. Wei Qi and Zong Qi are low, and pathogens such as Wind, Cold, and Damp can attack the body. The symptoms of these syndromes typically get worse in winter. The initial stage of the syndrome is the exterior stage, which can be treated with acupuncture, herbs and massage. The next stage, the tissue stage, is more severe and keeps coming back. This stage is marked by stiff movement. In the organ stage there is chronic soreness, it is difficult to get rid of the pain, and difficult to treat.

Some of the Bi Syndromes include:

- ◆ **Wind Bi**, or Wandering Bi, where the pain type and location changes.
- ◆ **Cold Bi**, or Painful Bi, is very painful in a certain location.
- ◆ **Damp Bi**, or Fixed Bi, can be characterized by a swelling or heavy feel of a joint.
- ◆ **Heat Bi** occurs when the stagnation over time turns to heat. Conditions such as infectious arthritis are examples of Heat Bi.

Treatment for these syndromes: Hydrotherapy can be very effective because movement really helps with cold and damp diseases. The warm water can be especially helpful, while swimming in cold water could aggravate the condition. Since there is a Wind component to these conditions, make sure the animal is thoroughly dried after swimming and is kept warm to avoid Wind invasion. Acupuncture is also helpful with these syndromes, and herbs can be added later in the treatment.



Dr. Salewski

The Wei Syndromes and Bi Syndromes can also be combined in older animals.

Blood Stagnation most often occurs after surgery or trauma. The meridians are severed and paralysis, swelling and pain can occur. During the first stage of the stagnation, movement makes the condition worse. The treatment consists of using ice to remove the heat from the area. The second stage begins as the heat starts to move away and the animal gets blood and fluid stagnation. In this stage, movement helps to get the blood moving, so hydrotherapy and range of motion work can be very effective. The third stage of stagnation occurs as scar tissue builds up, there is an accumulation of cold and possibly frozen joints. This stage often occurs when proper treatment was not provided during the first two stages. Warm water therapy can be extremely effective during this stage of stagnation.

For additional information on Traditional Chinese Medicine from Dr. Michael Salewski, visit <http://www.pilchuckvet.com/resources/acupuncture.pdf>.



The Splash !

Additional TCM Resources

If you are interested in learning more about Traditional Chinese Medicine (TCM), the Tallgrass Animal Acupressure Institute offers some wonderful online and hands on courses. The introductory classes offer the basics of TCM and acupressure, while more advanced classes are available if you want to further your knowledge or become a certified equine or small animal practitioner. The hands on classes are available in different locations around the world, but the classes held in Larkspur, CO where the instructors live, can't be beat for the wonderful facility and scenery.

The complete listing of course descriptions is available on their website, www.animalacupressure.com. These classes are specifically geared toward animals, so there is no transposing needed between human and animal information. The online course *Overview of Traditional Chinese Medicine* teaches the basic concepts of TCM, such as how the Chinese perceived the living body, Yin/Yang theory, the meridian system and an introduction to Five Element Theory. This would be a great course to check out to see if you are interested in learning more.

There are also several good websites that provide both human and animal TCM information, such as www.acupuncture.com and www.yinyanghouse.com.

If you are interested in reading more about the subject, there are several great books:

Four Paws Five Directions, A Guide to Chinese Medicine for Cats and Dogs by Cheryl Schwartz, DVM

Provides basic information on TCM along with treatment options, including acupressure, herbs, supplements and diet, for a variety of conditions. It is very well written and easy to understand.

The Well-Connected Dog, A Guide to Canine Acupressure by Amy Snow and Nancy Zidonis

This book covers the basics of TCM, but is more specifically designed to teach acupressure. The meridians are covered in depth along with specific acupressure treatments for different conditions. Great reference book.

The Web That Has No Weaver by Ted J. Kaptchuk, O.M.D.

The classic, comprehensive guide to the theory and practice of Chinese medicine. If you really want to get in depth into TCM, this is the book to read.

To find a holistic veterinarian in your area, check out www.ahvma.org.

January 2007 Meeting

Annual Business Meeting and Pizza Party!



The January meeting will be the annual business meeting of the Association of Canine Water Therapy. At this meeting, Officers, Committee members and anyone else that is interested in helping build website content, joining or heading a committee or helping out in any way is invited to join us.

When: Monday, January 29, 2007 ~ 5:00 pm social hour and 7:00 pm meeting

Where: Mega-Dogs in Woodinville, WA (www.mega-dogs.com)

RSVP to Cindy Hickman at cindy@aquadogspa.com! You can include what your interests are so we can appropriately plan for your interests. If you're not sure of how you wish to help, don't worry. We'll help you find something fun and rewarding!

This will be a WORKING meeting. We will actively write website content for a portion of the meeting. You will also take home an assignment so come ready to participate!



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October 2006 Meeting Highlights

**Association of
Canine Water Therapy
Quarterly Meeting
held October 16, 2006
at Heavenly Spa in Fall City, WA**

Members in Attendance:

Vonni Goetting, Carol Swindaman, Megan Anderson, Cindy Hickman, Beth Meyer, Karen Hunter, Doris Kopp, Cindy Hill, Sandy Fisher, Teri Sahn, Heidi Hague and John Hague

Guests in Attendance: Michael Salewski, DVM, Judi Touskey, Pam Hidmia, Aileea Logan, Jeff Whitlatch and Joan Meyers

Social hour took place from 5:00 to 6:30 pm. It was another potluck event and everyone brought terrific dishes



THE POTLUCK SPREAD



TERI AND CAROL ENJOYING THEIR DINNER

to share. There were Halloween Goody bags, made by Sandy Fisher, which contained human and doggie treats.



HALLOWEEN GOODY BAGS

Raffle prizes were awarded. Heidi Hague donated an item from her jewelry business. Heidi is an Independent Consultant for Cookie Lee fine fashion jewelry. If you are interested in seeing a catalog or placing an order, you can contact Heidi at 253-635-5450. Amy North, an Independent Distributor for Gold Canyon Candles, donated some votive candles and a wonderful Pomegranate jar candle. There was



VONNI INTRODUCES DR. SALEWSKI

also a doggie gift bowl.

At 6:30, the scheduled event, Recognizing Chinese Patterns in Geriatric Dogs, presented by Dr. Michael Salewski, began.



CINDY HICKMAN TAKES A BREAK FROM TAKING NOTES

To view the information presented in Dr. Salewski's presentation, please see the article written by Cindy Hickman, LMP, SAMP entitled "Recognizing Chinese Patterns in Geriatric Dogs". This article is our cover story.



THE ATTENTIVE AUDIENCE

Meeting adjourned.



The Splash !

You Do WHAT for a Living?

Member Spotlight

By Cindy Hickman, LMP, SAMP
Aquadog Spa



It was the summer of 2003, and I was contentedly sitting at my cubicle in downtown Seattle working on yet another computer program. After programming for almost 20 years, the days had started to run together. And being a programmer in this area certainly helped me blend into the crowd. So when someone would ask what I did for a living, my response that I was a programmer was usually met with a polite "Oh, that's nice". Nowadays, when someone asks what I do for a living and I reply that I do animal massage and hydrotherapy, I get a completely different response! Everything from the deer in the headlights look and "You do WHAT?" to "I didn't even know such a thing existed"! Those conversations are definitely much longer these days. Although I have to admit, depending on who is asking and how much time I have, I have been known to say that I am a massage therapist. This is also true, but definitely doesn't paint the true picture.

So back to the summer of 2003 in my cubicle, and the day that I found out the company I worked for was being bought out. At first it seemed like no big deal, my job would be safe. But if it wasn't, I would just move on to the next programming job as usual. Then a month or so later we found out that our office would indeed be closing and we would be losing our jobs. So along with the hundreds of other programmers, we started looking for new jobs. I happened to mention my situation to my holistic vet as two of my older Dalmatians were getting their acupuncture for arthritis. I was very lucky to have befriended this wonderful vet and we always chatted each month while the dogs had their treatments. Her response was that I should quit looking for a programming job and do something with animals. She knew how much I loved all my animals, my husband and I had been doing Dalmatian rescue for several years and ended up with quite a pack of "misfits". We had placed all the dogs we could in good homes, but there were some that weren't adoptable because of health or behavior problems, and those were the ones that found homes with us. But loving our pets and working with animals for a living were quite different. Besides, I had no idea what I could do with animals.

And that is when fate or the universe or whatever it was intervened. One day I came home from work and Susanne, one of the older Dalmatians, wasn't acting quite right. She seemed

to be walking a little funny, and then she sat down and couldn't get up. Of course, this scared me. Finally she was able to move around, but she clearly wasn't right. I got her into the vet the next day, and the vet thought it was a combination of her arthritis with an inflamed disc. She said "Your dog needs to swim".

"The day my spa was delivered and flown over the building with a crane to be set in place was one of the happiest days of my life!"

Then her eyes lit up and she said, "That's what your new job should be! You need to swim with dogs!" I proceeded to tell her she was crazy, that I had no desire to swim with dogs, but that I would take Susanne swimming if that is what she needed. So Susanne started swimming, and the change in her was unbelievable! She improved so quickly I was amazed. So Susanne's improvement combined with my growing realization that there was almost no programming jobs available started my thinking that maybe swimming with dogs wasn't as crazy as I originally thought. Then my vet through me the big curve ball when she asked if I could take a year and go to massage therapy school...for humans! She suggested that if I could do it, I should get my animal massage license, which required a human massage license first. So with that thought in mind, I was back to looking for programming jobs! During that time when I was dead set against massage school, I received a call just out of the blue from Cindy Horsfall. She had heard through the grapevine that I might be interested in starting a

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You Do WHAT for a Living? cont.

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hydrotherapy business and she called to encourage me to do it. She said that I would love it. We talked for a while, and I said I would think about it. And with that kind of encouragement, plus the encouragement of my husband, I did keep thinking about it.

So in September of 2004 I started human massage therapy school, and much to my own amazement, I really enjoyed it. I was the oldest student by far in a class of 14, but I didn't care! Also during that time, I started thinking I should get my own pool in place. By this time, I could see that several of the dogs would benefit from swimming and I was getting really tired of the hour travel time each way to a pool. We were fortunate enough to have a metal out-building on our property that we decided would be perfect for my new spa, except that I wanted it at ground level. So with the promise of many future massages, my husband "volunteered" to dig out the hillside behind the building with his tractor so an addition could be built that would allow the spa to be at ground level of the original floor. The day my spa



was delivered and flown over the building with a crane to be set in place was one of the happiest days of my life! I still haven't repaid my husband with all the massages I owe him for building the addition almost



The first swim



The Aquadog Spa

single handedly, but I am working on it.

Aquadog Spa has been open for over a year now, and I have my human and animal massage licenses. It has certainly been an adventure. I have met so many wonderful people and dogs that I never would have met otherwise. And while I lost a few friends from my former corporate world now that I am "weird", I have gained so many friends in this wonderful profession that I have never looked back.

I met Beth Meyer of Happy Tails Resort and Spa and the first ACWT meeting and we have been friends ever since. While I was in school Beth was kind enough to let me hang out in the water with her on Saturdays while giving me great information on dog behavior and swimming. And let me experience the fun of a full size pool! When Beth had to be out of the pool for a few months last year due to

shoulder surgery, she asked me to help out at her pool. It was great experience for me, and I will never forget the two pool parties that I worked. While Beth was completely calm with all these dogs swimming and jumping into the pool, I was totally frazzled. I was sure someone was going to drown, and I was pretty sure it was going to be me!

It was during that time that I also met Cassie Sawyer, another massage practitioner and small animal massage practitioner. Cassie already had a great deal of experience in hydrotherapy, especially in rehab, and loves to teach. She also needed some pool time for some of her land massage clients that needed to swim, and I my spa had time to spare. So while Cassie started occasionally renting the spa, we became friends and she taught me a great deal about working with rehab dogs. And since she mostly rents the spa in late afternoon, we can often work in a Mexican dinner afterwards so we can talk about anatomy, Chinese Medicine, or the next ACWT meeting that we are trying to plan.

The joy I feel when a dog walks out of my spa feeling ever so slightly better than they did when they walked in will never get old. And the smile on their person's face when the dog feels better is just as rewarding. While I have learned a great deal about the bond between humans and animals, I know there is so much more to it than I will ever understand. I have seen dogs and their owners who have the same physical problems. Which came first? Who knows! But I have seen remarkable improvement in both dog and owner when they get sessions together. I

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The Splash !

You Do WHAT for a Living? cont.

(Continued from page 9)

have added a human massage room to my spa for that purpose. First I do a hydrotherapy session with the dog, and then the dog rests on a bed right next to the massage table while their owner gets a massage. It is fabulous for all of us! While I still do practice human massage, I only work on humans that are referred to me by one of my dog clients. If the dog likes a person, then they are okay with me!

I really enjoy the older dogs that come to the spa. Since I am dealing with all the issues of geriatric dogs in my household, I feel I can relate to what they and their people are going through. It has been very hard to get close to a dog that I see so often knowing that they have limited time left on this earth. I feel privileged when their people use the pool time to share stories about their dog's life, the good old days when the dog was a pup, or their relationship. I always hope that the time they spend together at the pool makes a difference for them in some small way.

All the emotions that come with the older animals are certainly offset by the exuberance of the younger dogs coming in for rehab. Whether it's the Lab that just had a TPLO surgery or the Westie with the FHO, they are

always fun. And they have so much energy! I always feel invigorated after the session, if not a little scratched and bruised too.

I became interested in Traditional Chinese Medicine (TCM) when my dogs first started receiving acupuncture. Then during human massage school, I learned acupressure for humans. I was lucky to have a massage therapy instructor who was also a licensed acupuncturist, so we learned a great deal of TCM. So this past year I also added animal acupressure training to my skill set. I am almost done with my small animal acupressure certification through Tallgrass Animal Acupressure Institute. I have found that acupressure can be done quite easily in the water with a dog and can be very effective. It is also quite nice for dogs that are not fond of touch and can't handle massage. I can also easily teach people to do a few acupressure points on their dogs at home in between sessions.

I still have a lot to learn about animals, massage and hydrotherapy. I continue to take all the classes that I can afford so I have as many options as possible to draw from when a client walks through the door. Having my human massage license allows me

to take massage continuing education classes that I can adapt for the animals. But as Cindy Horsfall always says, the animals are our best teachers! They have no problem showing me that what worked on one dog will not work on another. I have found that I like having every day be different and I enjoy the challenge of every new dog that comes into my life. While there are certainly struggles with this job, such as marketing, the high cost of utilities, and all the bad weather cancellations that I am currently experiencing, I can definitely say that I smile a lot more now than I did back in those days sitting at my cubicle!



Cindy and Dolly

Cindy Hickman
Aquadog Spa

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www.aquadogspa.com/

ACWT Discussion Group on Yahoo!



ACWT Member Cindy Hickman has set-up an ACWT discussion group on Yahoo!

This group has been formed to exchange information and techniques that relate to canine water therapy. You can post messages about water therapy, pool maintenance, difficult cases, and anything else related to canine water therapy that you would like information about!

Group membership is open to any member of the ACWT. New memberships do require approval, which will be done as quickly as possible. Recent discussion topics include: cement non-skid floors, ozone, chlorine and such, enclosing pools, selecting a pool or spa, and pool toys.

Join us today at <http://groups.yahoo.com/group/caninewatertherapy/join>



The Splash !

Dante's Story

The Story of a Challenged Rottie!

By Dante's Mom, Kristen

Dante is a 9 year old Rottie ~ a SPOILED ROTTENWEILER is what I call him...and this is his story...

Dante's first swim was really more of a first float. He started in February 2006 after his neurologist suggested that he swim as part of his recovery from a recent cervical surgery...in addition to the previous spinal surgery, three knee surgeries and hip surgery he had. Swimming was in addition to his weekly acupuncture and medication. So, Dante's first time to Happy Tails was in February 2006 when the owner, Beth Meyer, was recovering from her own injury to her shoulder and had a peer, Cindy, filling in her pool times. That first day was cold but sunny when we left, and I (a normally VERY prepared doggie Mom) put Dante in the back of our truck on a sheet. Later I would realize that he would be freezing and wet and in need of a comfy place to ride after swimming...and he now has the purple palace...designed with the help of Beth to ensure he is warm, comfy and happy on the way home. I had to borrow blankets and pads to get him home the first time.

Dante's first day was funny on a lot of levels...mostly because his version of swimming was very loose. He has always been more of a wader than anything. Anything above the elbows and he is out of the water! So we suited him up in his life vest and carried him (literally since he couldn't walk) to the pool for his first whole 15 minute session. Once in the

pool, he just let Cindy float him... without her and the vest he'd have sunk or toppled over!

Over the next several months he improved a lot...using his legs (mostly the front ones at first) and getting stronger. In June 2006, Beth joined him in the pool (finally somewhat recovered) and her first swim with Dante was hysterical because she worked him so hard! I remember Dante looking at her like "are you kidding me...you want how many laps?" Panting and breathing HARD!!



Dante and Beth

Along the way he has had some setbacks medically, including two spinal strokes and some bad diarrhea, but it is now to the point where he looks forward to the adventure on Saturdays. And once Beth and I discovered his love for chasing his stuffed floating fish across the pool, we can't keep him on the table in the pool anymore! Not to mention he uses all FOUR legs now to swim, balances on the table and swims SOLO now ~ no vest and no support...just Beth's verbal commands and direction!

Dante has been swimming for about 9 months now and it is truly amazing to see him go from the dog that couldn't do any more than float to the dog that

eagerly jumps in the pool and off the table to swim after his fish! It is a miracle and a blessing. He starts barking like crazy just coming down Beth's driveway! I firmly believe that his progress would have been slower without swimming and his mental happiness is evident by how fast he runs up the ramp to get to Beth and the pool (we used to have to practically drag him!) and how much he enjoys "talking" to the other dogs and people!

Dante has a little sister now too. An 11 month old female Rottie named Sophia Simone, who went through puppy training with Beth...and she inspires Dante to swim and kick that much harder!!

Our heartfelt THANK YOU goes out to Beth and everyone committed to the well being and happiness of dogs everywhere. Beth, you have made a difference in Dante's life and recovery and you are an important part of our family... we love you!

*Much Love
Always...
Kristen,
Dante and
Sophia
Simone*



Update from Beth Meyer: I thought I'd let you know that Dante is now walking without help! We're soooo excited. Not so sure about the people walking by his yard that are now getting barked at by a walking Rottie instead of one just laying there! Happy tails and splashes,
*Beth Meyer
Happy Tails Resort and Spa*



Exercise is Key to Improved Quality of Life for Canines with Cancer

By Tonita Fernandez
Pampered Paw Swim Spa

My eleven year old flat coat retriever Darby was diagnosed with Lymphosarcoma cancer in April of 2005. The average life span for this breed is seven years and two months. She had been given a four month prognosis at the time of her diagnosis. I was determined to support her in a holistic way. This included a cancer starving diet, herbs, homeopathy, acupuncture, and Reiki as well as increased daily exercise that includes lots of swimming. Darby has defied all the odds. Almost two years later she is doing well and enjoys life to the fullest. Her story has reached around the world and has been an inspiration, giving hope to others who have dogs with cancer. People who have read her story come to visit her and swim their dogs at Pampered Paw Swim Spa from as far away as California, Oregon and the far corners of Washington State. Her whole story and pictures can be viewed at www.pamperedpawswimspa.com

Physical activity is a crucial component of a healthy lifestyle and a growing body of evidence indicates the importance in keeping cancer at bay. The American Cancer Society is conducting promising research that indicates physical activity contributes to an improved quality of life for human cancer survivors. Studies indicate that impairment in physical activity is a significant contributor to a decreased quality of life. For some dogs cancer impairs their physical performance and imposes severe limi-

tations in normal daily activity. As with people, dogs who receive traditional cancer treatments such as surgery, chemotherapy and radiation may have various negative side effects, such as loss of physical function, fatigue, nausea, and depression and anxiety. Often we are told to let dogs with cancer just rest and limit their daily activity. These recommendations might unintentionally perpetuate even more fatigue, and negative side effects.

Warm water swim sessions may have beneficial effects for canines with cancer. By offering dogs the opportunity to swim, they are better able to keep their muscles in shape, which often makes everyday life easier. The benefits of warm water swim sessions extend beyond physical advantages for canine clients as confirmed by many of their owners. As an assistant in the King County hydrotherapy program for people with Multiple Sclerosis

I observe time and again that physical activity in the warm water produces secondary benefits such as improved states of mind and mood as well as self confidence, decreased depression and higher levels of physical independence. This adds up to an improved quality of life.

Swimming your dog is a great substitute for long walks, ball chasing, agility, herding or runs that a dog with cancer may not be up to anymore. I swim several dogs that are not able to get around well because of

some form of cancer. I often get reports from people telling me their dog sleeps sounder through the night, experiences less pain, are in better spirit's, more playful, are back to their old selves, or are often more mobile and active as well as having an increased appetite in the days following their swim session. This adds up to an improved quality of life for the canine client.

It is common for the dog that has been athletic prior to a diagnosis of cancer to need to reduce their intensity and amount of exercise during cancer protocols such as chemotherapy. During this time the last thing a dog may feel like doing is exercising. Customized swim sessions are offered

"Physical activity is a crucial component of a healthy lifestyle and a growing body of evidence indicates the importance in keeping cancer at bay."

to meet the needs of each dog. Often dogs will just float and relax, with no expectation other than non weight bearing relaxation. I often use combinations of our twenty three jets to

help relax the dog and increase their circulation during or after swims. I use TTouch training methods in all swim sessions. TTouch can be offered as an invitation to bring about body awareness to the areas that have been over compensating for pain or for the loss of a limb. The owners always get a lesson on how to continue using TTouch at home to benefit their dog. Depending on the needs of the dog we may incorporate TTouch ground work outside the pool as well as help owners learn how to

(Continued on page 13)

Exercise is Key to Improved Quality of Life for Canines with Cancer cont.

(Continued from page 12)

use different leashes and points of contact on their dogs to offer their dog more body awareness and balance. These training methods are useful for dogs with or without cancer.

For some canine cancer clients the focus may be to re-establish strength and flexibility after surgery while mainstreaming them back into everyday life. Often swimming gives the dog a new confidence and continued strength. Swim sessions provide an opportunity for maintaining and building endurance, muscular strength, flexibility and level of functioning. For others with cancer or cancer in remission it may be for the psychological benefit, and that can make a huge difference for that beloved canine.

There are many forms of canine cancers. Today, cancer is the leading

cause of disease and death among dogs. Fibrosarcoma, Chondrosarcoma, Hemangiosarcoma, Periosteal sarcoma, as well as primary joint-related tumors, secondary tumors, mast cell tumors as well as soft tissue cancer. Many of the amputee dogs that we swim have been affected by one of the above forms of cancer. Some of these cancers are very fast moving, devastating and fatal.

There may be special precautions to consider before a canine with cancer swims. If a dog is receiving radiation treatments swimming pools with chlorine should be avoided because the chlorine as well as other chemicals can be irritating to irradiated skin. There may also be some risk factors such as infection or bleeding in dogs with cancer. One common consequence of cancer and cancer treatment is immune suppression (a weakened immune system) and this can set the dog up to be at risk for

infections. Asking your client to provide you with a veterinary release to swim is always the safest measure to take.

At Pampered Paw Swim Spa we offer customized indoor warm water swim sessions. We believe that regular exercise and great nutrition are cornerstones to a healthy, happy dog. We are here to serve and support dog parents on their journey to help their faithful companions. They are a team, and both are vitally important to the other. We honor that relationship, and are proud to offer you and your dog a unique swim session and environment where happy memories begin.



*Tonita and Darby
Two hearts that beat as one.*



Redden smiles a lot as he floats

Many dogs with Ostersarcoma (bone cancer) can benefit from the positive psychological benefits from assisted floating. I use TTouch calming methods to relax the dog and prepare them to receive a relaxing customized warm water swim session. The rhythm of the waves creates an invitation for the canine to receive on a deep level. My work is a dance with the dog, in trusting and giving in to what the water can provide in each special session.

Pictures tell their own story...



Who is enjoying the session more?

Editors comments: The ACWT submits stories and testimonies of its members but we do not prescribe, diagnose or imply what is best for any dog. It is important to always work with your client's veterinarian. There are risks inherent in canine water therapy and swimming. There are clients who should not swim and whose disease will worsen with increased cardiac activity. Some cancers may worsen with exercise. Know the scope of your practice, the diseases inherent in your area and always work with your client's veterinarian.



The Splash!

Ask The Pool Guru!

Ask The Pool Guru

Got questions about water quality, chemistry, or equipment?

Email Karen Hunter at:

poolguru@caninewatertherapy.com

Q: I'm thinking about using ozone to sanitize my pool. What should I know?

A: Good choice! Ozone is an excellent sanitizer that is economical, environmentally friendly, and pleasant for our clients.

Let's start with a basic understanding about how ozone works. You may be surprised to hear that ozone, chlorine, bromine, and peroxide all work essentially the same way – by oxidation. All these sanitizers are common chemical compounds that have an “extra” oxygen molecule. The formula for oxygen gas is O₂, while ozone is O₃. Plain old salt (sodium chloride) is NaCl, while liquid chlorine (sodium hypochlorite) is NaClO. Water, or H₂O, becomes hydrogen peroxide, or H₂O₂, with an extra oxygen molecule.

These compounds are “volatile” – that is, the extra oxygen molecule makes them unbalanced, and they want to return to the simpler compound. Happily, the extra oxygen molecule is attracted to oxygen-hating bacteria! So when the two meet, the oxygen molecule detaches from the sanitizer



and attaches itself to the bacterium. The bacteria die, and the ozone turns back into oxygen.

Okay – enough about chemistry. Lets talk about your options for adding ozone to your pool.

Because of its extreme volatility, plus the fact that it is a gas, you can't just buy ozone and add it to the water. Instead, you must purchase an ozone “generator”, which makes ozone using the oxygen in the air or water. There are two common types of generators: UV light and Corona Discharge (or CD).

In my opinion, you should not even consider a UV generator for a pool, especially one that meets the needs of our furry clients. To generate ozone using UV requires that 1) the water be in contact with the lights for an extended period of time, and 2) there is no “interference” between the UV source and the water. In other words, you have to have a low flow system, you need to have a fairly large chamber with multiple lights, you need to keep the bulbs spotlessly clean, and any kind of cloudiness in the water will interfere with ozone production. In addition, the lights lose effectiveness over time, even before they burn out. In general, UV ozone generators are okay for sanitizing the drinking water in your motor home, but not much else.

CD models are capable of much higher ozone output, AND at a lower

operating cost (less electricity, no bulb replacement). They are compatible with higher flow rates and aren't affected by cloudy water. Most ozone generators sold for the pool industry are CD models, but be sure you ask. In a CD ozone generator, room air is filtered and bubbled into the water, which is then passed through electrically charged plates. The electrical charge adds the extra oxygen molecule, and the oxygen in the air is converted to ozone. A similar thing happens during thunder storms, which is why you often smell ozone after a lightning strike.

“You may be surprised to hear that ozone, chlorine, bromine, and peroxide all work essentially the same way – by oxidation.”

Hooking up an ozone generator to your pool is fairly straightforward. You'll need to have a small bypass manifold between the filter and heater. Part of the water that is circulating will be diverted into the ozone generator.

Now here's another thing you need to know about ozone and all the other sanitizers as well – in addition to being volatile, they are also corrosive! Ozone will bleach out color just as chlorine and peroxide will. There can be other reactions: ozone has a tendency to break down silicone, polycarbonates (certain plastics) react to bromine, chlorine destroys latex, etc.

Proper dilution of these sanitizers in water helps to minimize these corrosive effects. However, since it's a gas, ozone is a bit harder to dilute than the others. If you send the ozone gas

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Ask The Pool Guru! cont.

(Continued from page 14)

directly to your pool, you are going to see immediate and serious damage to your pool cover! For this reason, along with your ozone generator, you want to be sure to include a degassing unit, also called an ozone tower.

An ozone tower is basically a tall pipe with an outlet at the top for gas and at the bottom for sanitized water. The water and the ozone mix in the pipe and the bacteria are killed. The gas bubbles (oxygen and unused ozone) are sent out the top (which should be vented to the outdoors), and the sani-

tized water, minus bubbles, is returned to your pool (not to the heater).

You can purchase ozone towers from most of the manufacturers of ozone generators, and you can also find them at aquarium stores. There are also build-it-yourself instructions for them on the internet. In my opinion, the taller the tower the better.

However wonderful ozone is, it is not usually sufficient as your only sanitizer. Ozone isn't effective against algae. It doesn't remain in the water, so you'll still need a residual sanitizer

such as chlorine, bromine, or copper. However, you'll be able to use much lower amounts of the other sanitizers and still keep the water clean and healthy.

Good luck and good swimming!

Karen

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SHARE YOUR NEWS AND PHOTOS!

Send to Sandy Fisher at newsletter@caninewatertherapy.com
 or mail to P.O. Box 89, Redmond, WA 98073

Next Deadline for Newsletter Submissions: March 16th



*The above photo was submitted by Sandy Fisher of K9 Aquatics.
 Brodie's holiday dreams recently came true as he now has his very own spa!*



Ask The Vet

Ask The Vet

Send in your questions or ideas for topics for future issues to Dr. Tina at:

drtina@caninewatertherapy.com

Hearts and Worms Dr. Tina asks you!

For this newsletter issue, I'd like to address some questions brought up by one of the students in Cindy's recent Nov. class. My elderly lab "Lillie" was participating as a "demo" learning dog (and enjoying her time in the spa with so many loving hands holding her), and so I was in the "audience".

One of the students, from South Carolina asked me, knowing I am a veterinarian, what I thought about water therapy for a dog with heartworms. What a great question! The answer depends a lot on knowing more specifics about the individual dog (as does all therapy). During the discussion I realized how valuable the topic is for all involved with ACWT.

"Heartworms are long worms which literally live in the heart and into the pulmonary artery coming off the heart pumping blood into the lungs."

Although I had much more experience with diagnosing and treating heartworm disease than I ever wanted while I was in school at UC Davis in N. California, I haven't dealt with it much since then, because (luckily) we don't really have it here in Washington among "native" dogs. As more and more people travel with their dogs, this has and will continue to

change. Theoretically our climate could support the life cycle, but in reality we don't have enough days of 80 degree weather in a row (will global warming change this?).

Some background: Heartworms are long worms which literally live in the heart and into the pulmonary artery coming off the heart pumping blood into the lungs. Their physical presence interferes with the pumping of blood to the lungs, resulting mainly in pulmonary hypertension. Clinical signs are usually a cough, or exercise intolerance, although individuals vary in the degree of symptoms. The disease is spread via an infected mosquito biting a susceptible dog, and requires a moist, humid climate where there are at least 5 consecutive days of 80degree + weather. It's common in the south, SE, NE, Michigan, Wisconsin, etc., and there are hotbed pockets in California. Diagnosis is typically via a special blood test looking for the microfilaria, or larval juvenile forms. In states where it is common (endemic), a heartworm test is routinely annually done. For the most part this test is quite

specific and accurate; there are some dogs with "occult" disease, getting false negatives on the screening test.

The test does NOT tell you how many worms there are in the heart/pulmonary artery – only that there are at least 1 female and 1 male (able to produce the microfilaria), and that the dog has had the infection for at least 6 mos. – the incubation time. Now, with

the onset of easily obtainable ultrasound technology, the heart can be imaged and the number of worms discerned (picture this). This is important because the standard treatment is/was quite toxic; newer drugs have lessened that toxicity somewhat. When you treat the adult heartworms, as they die off they are pushed/pulsed by the blood flow into the lungs, where the dog's immune system identifies the "pieces" of worm as foreign – setting up an auto-immune reaction. Lungs become inflamed, and so the treatment may often be worse than the disease – it is imperative to keep these dogs quiet during this phase of the treatment. Having the ultrasound capability really helps identify the risk – knowing whether there are 2 worms or 20 or 200 (which I've seen) – this makes a huge difference in treatment decisions and success.

Back to relevance to ACWT members. This student was asking because she had just adopted a heartworm positive stray to be her own dog, and was wondering about the feasibility of water therapy for this dog. We discussed the potential consequences of treatment without first imaging to discern the worm burden, and she was going to look into this. We began to talk about how and whether to screen potential warm water therapy patients (or even self-swim customers) in general. In states where heartworm is prevalent this would be critical in warm water therapy, or any environment which might be initially stressful to the dog.

With regards to canine water therapy, the key is to be aware of what

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The Splash !

Ask The Vet! cont.

(Continued from page 16)

diseases may be in your area, make sure you are clear about your scope of practice and in your release so that your clients understand your scope of practice. Think about how you want to set your policies and what services you offer. Canine water therapy can increase circulation and cardiac activity and can increase stress. Be aware of these effects. Be responsible and work with your client's

veterinarian.

This is a great discussion question for ACWT members and I would love to hear your comments and stories!

Please email me at drtina@caninewatertherapy.com if you have other things to add or have a question you would like to ask or put up for discussion.

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Quality - Convenience - Compassion

Editors comments: Dr. Tina brings up some great points here in this article. Diseases such as heartworm, Mega-Esophagus, Heart Disease, Cancer, etc have specific needs and can be different with each dog. Be up on what is common in your area and stay aware. Please proceed with caution when entering the pool with any client. At all times try to reduce the stress in your environment and in the dog's session as stress will never help anything. Be aware that increased exercise and circulation CAN worsen a disease.... Or it can benefit a disease.... Be clear in your scope of practice and work with your client's veterinarian. It is outside our scope of practice to diagnose or prescribe. We are here to help and be of service and this changes with each client that walks through our door.

I invite you to write into The Splash and post your questions/comments/stories about swimming and warm water and the effect on various diseases/illness.

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Animal Wellness Magazine is the only magazine produced in North America devoted to natural & holistic health for animals. Each issue speaks to animal lovers everywhere on how to improve the quality of life of our animal companions as well as animals in the wild.



www.animalwellnessmagazine.com/acwt

ACWT Monthly Calendar!

ACWT Member Karen Theusen has volunteered to design a calendar for the ACWT. Each month, she will use a picture of a dog that has benefited from warm water therapy. You can download the monthly calendar page in pdf format by visiting the ACWT website www.caninewatertherapy.com. The link is located on the home page.

Please submit your pictures for consideration to Karen by emailing her at dawghouse@caninewatertherapy.com





I Am But An Instrument

Submitted Anonymously

Tuesdays. What can I say about my Tuesdays? They kill me... They exhaust me... They make me so cold I feel it in my bones...They fill my soul.

I start early. I end late. Through my hands and heart come a myriad of dogs. There's the young rescued tripod who is missing a front leg and doesn't seem to notice, whose mom would spend her last penny to keep her girl strong and happy, the young at heart boy with the mom who drives 4 hours on spa days to get him here, who has a partially torn cruciate that is stable now, the older girl whose mom is really learning about alternative modalities, who has a sore shoulder, the performance boy post TPLO who kisses my face with his huge tongue and who, after

more than a year in which he never stopped trying, finally has his stroke and rhythm figured out, the boy who had hip surgery and is waiting for another who finally chased a ball in the pool tonight, the elite athlete and show dog who comes in to stay fit and whose mom sacrifices a day of sleep (she works nights) to get her here, the 14 year old visually impaired, neurologically impaired bundle of self importance who makes me laugh every time, and who has a mom and dad who have spent many thousands of dollars to keep him happy and comfortable throughout his

life, the big boy who walks on three legs after multiple surgeries, whose adoring parents would go to any length to make him happy and keep him comfortable, the former medical experimentation girl whose adoring moms bring her in once a week (even sometimes sacrificing the watching of a football game), who want the rest of her life to be as normal, happy, and pain free as possible, the sweet and wild girl who does not want to be controlled, and who was very happy that I finally figured that out after two visits, so that she can fetch her ball in peace without interference, the wonderful big old soul of a boy who takes on his mom's problems without any judgment, and far better than I was able, and finally, the three performance dogs, all of the same breed, but completely different (the driven athlete, the older wiser, much more experienced one, and the blind boy post

"It is the fact that some of them make sandwiches at home to bring to work rather than buy lunch, forego their daily latte, and avoid the night at the movies so that their pups can have therapy, that allows their dogs to come through our doors."

hip surgery who, even at his advanced age could put them all under the table with his enthusiasm for the sport of life).

Tonight, an old client came in to pick up some of our calendars. Her boy is featured on one of the months. She brought her husband, and their dog, another young rescue boy who had his first hip surgery at less than a year, and the second as soon as that leg was strong enough to withstand the stress it needed to bear after the second surgery. This was an "event" for them. The whole family came in. Mom and Dad walked through the

door while I was getting out of the water with the girl who endured a life of medical experimentation before she came to her new home. I said, "Is that who I THINK it is on a leash down there?" His mom said, "Yes! He came to see the lady who gave him his life back." They came up to the gate, and visited with the other client whose girl is also in the calendar, comparing what month they were on the calendar, sharing stories, and talking about how I had changed their lives.

I stood there astonished. Though it would be easy to take their comments and run with them, inflating my own ego and self importance, I was and am amazed that they think that way. Don't they understand that they are the catalyst? It's their love that brings their dogs to our spa. It's their intensive love and care after surgeries, or as the years go on, that makes their canine partners comfortable. It is their willingness to put money into surgeries, supplements, medications, and therapy that creates the success. It is the fact that some of them make sandwiches at home to bring to work rather than buy lunch, forego their daily latte, and avoid the night at the movies so that their pups can have therapy, that allows their dogs to come through our doors. They would give anything for these awesome souls, just to keep them happy, healthy, and comfortable.

I am so grateful for being entrusted with their companions. They humble me. The privilege is mine, and I am but an instrument for their love of their faithful companions. I hope that I never forget that.



The Splash !

For Sale ~ Mobile Hydrotherapy Business

J.T. Pogreba, owner of See Spot Swim, Inc. is getting married and moving to Vancouver, Washington soon and has decided to sell her Mobile Hydrotherapy and Rehabilitation business. J.T. says...



"This business is the only one of it's kind in the world. A 100% mobile hydrotherapy and rehabilitation business located in a fully customized 16 ft self contained trailer and featuring a West Coast Water Walker. Fully customized to accommodate heat/cold therapy and other modalities. It also includes the registered trademark name "See Spot Swim, Inc." and registered logo trademark, as well as website that can be customized to any needs, and brochure design and printing. See Spot Swim can be delivered anywhere in the USA and simply be plugged in and ready to go immediately upon arrival. Here in Los Angeles, I am located on the premises of a hospital and run off of their electricity. I am happy to train anyone on the quirks of running hydro out of a mobile unit. It's a great way to provide therapy in a small space anywhere! Price is \$130,000 including free delivery to anywhere in the Continental USA ."

For more information, contact:

J.T. Pogreba
See Spot Swim, Inc.
seespotswim@earthlink.net
www.seespotswim.com
310-404-1254



ACWT Logo Available For Your Use!

Visit the Members Only section of the ACWT website.



The Splash !

Sink or Swim!

Rating Canine Water Toys

Brodie Fisher has been swimming since his CCL surgery in July 2003. He loves toys therefore, he will be testing a new canine water toy each quarter. In this issue, he will be reviewing the...

Katie's Bumpers Frequent Flyer Fetch Toys

Primary Colors! Primary Shapes! Primary Fun! The Frequent Flyer is easy to see on the water, on land, in the snow, and in the shadows. Dogs don't miss them!

- ◆ Tough Fire Hose
- ◆ Squeaks, Flies & Floats
- ◆ Durable, But Not Indestructible
- ◆ Safe and Strong Construction
- ◆ Land • Water • Snow
- ◆ Machine Wash (with your jeans!)
- ◆ Air Dry
- ◆ Pre-consumer Hose Materials



All Katie's Bumpers are intended as interactive play toys. They are not intended as chew toys. Best if used outdoors or on washable surfaces.

WHY KATIE'S BUMPERS ARE GREAT!

- ◆ Katie's Bumpers were designed with both humans and dogs in mind.
- ◆ Katie's Bumpers are fun and cool and unique.
- ◆ Katie's Bumpers are safe for everyone. All of the designs on the bumpers are molded into the non-toxic vinyl as part of the manufacturing process. It is not painted on and therefore will not come off in your dog's mouth.
- ◆ Whether you are a serious dog trainer doing land or water work or you have a dog that loves to fetch, Katie's Bumpers are great.
- ◆ They are easy for you and your dog to see in just about any setting or weather condition.
- ◆ They have just the right amount of weight for a good toss.
- ◆ When they roll on the ground or on the water, everyone can find them.
- ◆ They are easy to wash. You can throw them in the sink and use a little soap and water to get the day's dirt off, or throw them in the dishwasher.

Brodie's Rating: Brodie tested the yellow triangle shaped Frequent Flyer toy. Brodie really enjoyed this toy. It didn't get heavy in the water and it was easy for him to see it. He loved the squeakers too. This one's a keeper!



The Frequent Flyer, along with many other Katie's Bumper dog toys are available at www.katiesbumpers.com 303-642-0544 Retail price is \$18.95

Brodie rates this toy...

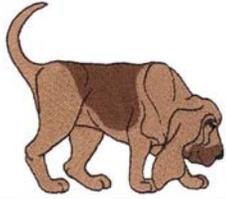
SWIM!!



Editor's Note: If you have tried out any of Brodie's Sink or Swim toys or have a new toy to rate, please send in your comments and/or pictures to me at newsletter@caninewatertherapy.com.

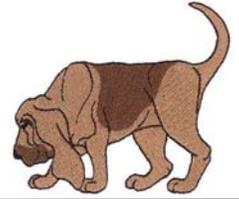


The Splash !



Sniff This!

~A Look at Products NEW to our Industry~



Pet Hot or Cold Therapeutic Vest



The Dog or Cat Hot and Cold Therapeutic Pet Vest is designed to help with you pet's aches and pains. Each pet vest comes with fully adjustable straps and hot or cold packs. Special gel may be heated or cooled. The pet pain relief coat features quick snap side release buckles. The neck is also fully adjustable to insure a proper fit.



The outer and inner shell is made of tough durable nylon so dog hair won't stick and has a water resistant lining. Each pet vest comes with four non toxic Hot and Cold packs.

Why use the Hot/Cold Therapeutic Pet Vest

- Use the Hot or Cold Pet Therapeutic Vest to reduce inflammation and swelling in dogs, cats, and other pets.
- It is ideal cool down treatment for a dog in the hot summer heat
- The thermal heating helps sooth a pet's arthritis pain.
- Helps to alleviate pet stress
- Use anytime a hot or cold compress is necessary!



| | | |
|--------|----------------|---------|
| Small | 10 - 12 Inches | \$39.99 |
| Medium | 17 - 20 Inches | \$49.99 |
| Large | 21 - 24 Inches | \$49.99 |
| XLarge | 25 -28 Inches | \$49.99 |

To order, visit www.handicappedpets.com



The Splash !

Upcoming Training Opportunities

The Heart of Canine Water Therapy
Instructor: Cindy Horsfall, LMP, SAMP, CWP

Level 1 Training

April 21-26, 2007 ~ in WA State **(SOLD OUT)**

June 2-7, 2007 ~ in WA State

November 3-8, 2007 ~ in WA State

Level 2 Training

July 28-August 3, 2007 ~ in WA State

September 22-28, 2007 ~ in WA State

Level 3 Training

2008 dates to be announced

Visit www.lapawspa.com for more information.

Member Discounts!

FACILITY MEMBER DISCOUNTS



ALL LEVEL MEMBER DISCOUNTS

GET YOUR NEW POOL AT FLORIDA NORTH!!! This is a great pool.... And Bob and Dick at Florida North are offering members at the POOL LEVEL a \$500.00 discount on their already reasonably priced SWIM SPA!!! WOW. Check out these products at www.floridanorth.com. Our friends Dan and Bob at Florida North are there to help you – just give them your ACWT POOL membership # and start preparing for your new pool or spa. Email or call them at 1-800-505-SWIM (7946).

GET ALL YOUR POOL SUPPLIES at a HUGE SAVINGS!!! Call our friends Phil Miller and Jim at Amerimerc and get a 15% discount on their already low, low prices on everything you need. These guys are dog lovers and they are so excited to help the ACWT and the world of water therapy for dogs. Check out their websites at: www.amerimerc.com. When you are ready to order – call Phil at 1-877-891-7665 with your ACWT Pool Membership # and start saving money today!!!

INNOVATIVE HEALTH ALTERNATIVES for the Water (and Air!) are now yours at www.ewater.com. Fred Van Liew has graciously offered discounts to ALL of our MEMBERS of up to 25% on his product line. We put an Etower in all of our pools and they are AMAZING!!! Upon joining, you will have access to the Members Only area where you will find information on how to get your Member discount.

AN EXTENSIVE LINE OF FUN THINGS! Can be found at “All PETS GO TO HEAVEN” and they are offering every member of the ACWT a 10% discount! Thank you Teri (an ACWT Member)!!! Go to www.allpetsgotoheaven.com and enjoy shopping!!!

FULL SERVICE BAKERY & UNIQUE RETAIL STORE! Happy Dog Healthy Dog (an ACWT Member) is offering a 10% discount to ACWT Members in their online retail store. Shop for wonderful bakery items, dog food, supplements, books, clothing for you and your dog, gift baskets of wonderful spa items and much more. Visit www.happydoghealthydog.com today!

**DO YOU HAVE A SPECIAL EVENT PLANNED AT YOUR POOL?
DO YOU KNOW OF A SPECIAL TRAINING OPPORTUNITY?
WOULD YOU LIKE TO OFFER A MEMBER DISCOUNT?
WOULD YOU LIKE YOUR POOL, SERVICES OR BUSINESS FEATURED?
PLEASE LET US KNOW SO THAT WE CAN INCLUDE IT IN A FUTURE ISSUE OF THE SPLASH!**



The Splash!

Member Directory

POOLS & TREADMILLS

All Dogs Pool & Spa (coming soon)

Owner: Megan L. Anderson LMP, SAMP
Business Phone: 360-659-4688
Location: Tulalip, WA
Email: alldogs1@verizon.net

Aqua Dog, Inc.

Owner: Pamela Tewes
Location: Waltham, MA
Email: ptewes@aquadogfitness.com
Website: www.aquadogfitness.com

Aquadog Spa

Owner: Cindy Hickman, LMP, SAMP
Business Phone: 253-630-3340
Location: Kent, WA
Email: cindy@aquadogspa.com
Website: www.aquadogspa.com

Canine Fitness Center

Owner: Maury Chaput
Business Phone: 410-923-SWIM
Location: Crownsville, MD
Email: maury@caninefitnesscenter.com
Website: www.caninefitnesscenter.com

Cottage Spa

Owner: Rebeca Berni, LMP, SAMP
Business Phone: 425-844-2834
Location: Woodinville, WA
Email: cottagespa@comcast.net
Website: www.cottagespa.com

Doggie Dome Swim Spa

Owner: Melody Horne
Business Phone: 603-859-7827
Location: New Durham, NH
Email: toot@worldpath.net
Website: www.worldpath.net/~toot

DogWater Spa

Owner: Kathy Glenney
Business Phone: 713-907-2321
Location: Houston, TX
Email: kglenney@caninewatertherapy.com
Website: www.dogwaterspa.com

Happy Dog Healthy Dog

Owner: Diane Mayer
Business Phone: 302-428-1918
Location: Wilmington, DE
Email: diane@happydoghealthydog.com
Website: www.happydoghealthydog.com

Happy Tails Resort & Spa

Owner: Beth Meyer
Business Phone: 253-939-1111
Location: Auburn, WA
Email: beth@happytailsresort.com
Website: www.happytailsresort.com

Healthy People Healthy Pets

Owner: Eva Gellert
Business Phone: 404-936-3940
Location: Atlanta, GA
Email: info@healthypeoplehealthypets.com
Website: www.healthypeoplehealthypets.com

Heavenly Spa

Owner: Teri Sahn
Business Phone: 425-222-7221
Location: Fall City, WA
Email: teri@allpetsgotoheaven.com
Website: www.allpetsgotoheaven.com

Hydro Hound

Owner: Michelena Rudman
Business Phone: 972-492-0302
Location: Carrollton, TX
Email: hydrohound@caninewatertherapy.com

K9 Aquatics, Inc. (coming soon)

Owner: Sandy Fisher & Doris Kopp
Location: Sammamish, WA
Email: sandy@k9aquatics.com
Website: www.k9aquatics.com

K9 Hydrotherapy Inc.

Owner: John Lambert
Business Phone: 952-922-8366
Location: St. Louis Park, MN
Email: info@k9hydrotherpayinc.com
Website: www.k9hydrotherapyinc.com

La Paw Spa

Owner: Cindy Horsfall LMP SAMP CWP
Business Phone: 425-222-WOOF (9663)
Location: Fall City, WA & Edmonds, WA
Email: cindy@lapawspa.com
Website: www.lapawspa.com

Liberty Hill Pet Resort

Owner: Mary Ann Robertson
Business Phone: 540-439-7297
Location: Bealeton, VA
Email: maryann@lhpaws.com
Website: www.lhpaws.com

Mega-Dogs!

Owner: Karen Hunter
Business Phone: 866-MEGA-DOG
Location: Woodinville, WA
Email: swim@mega-dogs.com
Website: www.mega-dogs.com

Paddling Paws

Owner: Terri Steely, R.N.
Location: Goose Creek, SC
Email: paddlingpaws@caninewatertherapy.com

Pampered Paw Swim Spa

Owner: Tonita Fernandez
Business Phone: 360-802-4986
Location: Enumclaw, WA
Email: tonita@pamperedpawswimspa.com
Website: www.pamperedpawswimspa.com

Paws To Swim

Owner: Deborah Logerfo
Business Phone: 804-749-4972
Location: Rockville, VA
Email: pawstoswim@verizon.net
Website: www.pawstoswim.com

Pawsitively Pooched, Ltd.

Owner: Carrie Smith & Brenda Williams
Business Phone: 403-241-5030
Location: Calgary, Alberta, Canada
Email: carries@caninewatertherapy.com & brendaw@caninewatertherapy.com
Website: www.pawsitivelypooched.com

Sit, Stay, Swim (coming soon)

Owner: Cherie Hogland
Business Phone: 815-654-2799
Location: Rockford, IL
Email: chogland@aol.com

SplashDog Spa

Owner: Melissa Barran
Business Phone: 206-546-5309
Location: Edmonds, WA
Email: topdog@splashdogspa.com
Website: www.splashdogspa.com

Sumner Veterinary Hospital

Owner: Dr. Kathy Sheeran
Business Phone: 253-863-2258
Location: Sumner, WA
Email: mkssheeran@sumnervet.com
Website: www.sumnervet.com



The Splash!

Member Directory cont.

The Dawg House Swim Spa

(coming soon)

Owner: Karen Theusen

Business Phone: 360-738-3961

Location: Ferndale, WA

Email:

dawghouse@caninewatertherapy.com

The Dogs Aqua Therapy Ltd.

Owner: Melba Ayres

Business Phone: 780-443-3113

Location: Edmonton, Alberta, Canada

Email: melba@dogsquatherapy.com

Website: www.dogsquatherapy.com

The Total Dog Swim Spa

Owner: Alison White

Business Phone: 949-322-5239

Location: Oceanside, CA

Email: aswhiteauthor@cox.net

**THERAPISTS,
CANINE SWIM SPECIALISTS &
STUDENTS OF THE WORK**

Lorie Allen

Location: Tucson, AZ

Email: woof-woof@cox.net

Megan L. Anderson LMP, SAMP

Company: All Dogs Pool & Spa

Business Phone: 360-659-4688

Location: Tulalip, WA

Email: alldogs1@verizon.net

Melba Ayres

Company: The Dogs Aqua Therapy Ltd.

Business Phone: 780-443-3113

Location: Edmonton, Alberta, Canada

Email: melba@dogsquatherapy.com

Website: www.dogsquatherapy.com

Brianna Baarstad

Location: Woodinville, WA

Email: lsbaarstad@mindspring.com

Jane Ballard

Location: Durham, NC

Email: jab1007@juno.com

Tracy Barbet

Location: Calgary, AB, Canada

Email: ktbarbet@gmail.com

Rebeca Berni, LMP, SAMP

Company: Cottage Spa

Business Phone: 425-844-2834

Location: Woodinville, WA

Email: cottagespa@comcast.net

Website: www.cottage.com

Adrienne Buschling

Location: Olympia, WA

Email: abuschling@yahoo.com

Sandy Busse

Location: Edmonton, AB, Canada

Email: sbusse@telusplanet.net

Maury Chaput

Company: Canine Fitness Center

Business Phone: 410-923-SWIM

Location: Crownsville, MD

Email: maury@caninefitnesscenter.com

Website: www.caninefitnesscenter.com

Patricia Cool

Company: New facility coming soon

Location: Heavenly Spa, WA

Email: still6@juno.com

Tonita Fernandez

Company: Pampered Paw Swim Spa

Business Phone: 360-802-4986

Location: Enumclaw, WA

Email: tonita@pamperedpawswimspa.com

Website:

www.pamperedpawswimspa.com

Eva Gellert

Company: Healthy People Healthy Pets

Business Phone: 404-936-3940

Location: Atlanta, GA

Email: thepetaway@yahoo.com

Website:

www.healthypeoplehealthypets.com

Kathy Glenney

Company: DogWater Spa

Business Phone: 713-907-2321

Location: Houston, TX

Email: kglenney@

caninewatertherapy.com

Website: www.dogwaterspa.com

Vonni Goetting

Business Phone: 360-863-0466

Location: Snohomish, WA

Email: mikeandvonni@earthlink.net

Andrea Gostlin

Location: Kelowna, BC, Canada

Email: kgostlin@shaw.ca

Cheryl Grant

Location: Edmonds, WA

Email: cgrant1231@gmail.com

Gretchen Hager

Location: Virginia Beach, VA

Email: gleigh78@yahoo.com

J Linn Black Henline, LMP, SAMP

Company: JLinn

Business Phone: 425-673-9573

Location: SplashDog Spa, WA

Email: jlinn@jlinn.net

Website: www.jlinn.net

Cindy Hickman, LMP, SAMP

Company: Aquadog Spa

Business Phone: 253-630-3340

Location: Kent, WA

Email: cindy@aquadogspa.com

Website: www.aquadogspa.com

Cherie Hogland

Company: Sit, Stay, Swim

Business Phone: 815-654-2799

Location: Rockford, IL

Email: chogland@aol.com

Melody Horne

Company: Doggie Dome Swim Spa

Business Phone: 603-859-7827

Location: New Durham, NH

Email: toot@worldpath.net

Website: www.worldpath.net/~toot

Cindy Horsfall, LMP, SAMP, CWP

Company: La Paw Spa

Business Phone: 425-222-9663

Location: Fall City & Edmonds, WA

Email: cindy@lapawspa.com

Website: www.lapawspa.com

John Lambert

Company: K9 Hydrotherapy Inc.

Business Phone: 952-922-8366

Location: St. Louis Park, MN

Email: info@k9hydrotherpayinc.com

Website: www.k9hydrotherapyinc.com



The Splash!

Member Directory cont.

Debbie LaMonica, LMP, SAMP

Company: Andante Bodyworks
Business Phone: 425-231-0235
Location: SplashDog Spa, WA
Email: vivacewhippets@comcast.net

Barbara Lierson

Company: New facility coming soon
Location: Renton, WA
Email: blierson@hotmail.com

Deborah Logerfo

Company: Paws to Swim
Business Phone: 804-749-4972
Location: Rockville, VA
Email: pawstoswim@verizon.net
Website: www.pawstoswim.com

Diane Mayer

Company: Happy Dog Healthy Dog
Business Phone: 302-428-1918
Location: Wilmington, DE
Email: diane@happydoghealthydog.com
Website: www.happydoghealthydog.com

Beth M. Meyer

Company: Happy Tails Resort & Spa
Business Phone: 253-939-1111
Location: Auburn, WA
Email: beth@happytailsresort.com
Website: www.happytailsresort.com

Robin Millor

Location: Olympia, WA
Email: rmillyn@gobigwest.com

Michelle Moran

Company: New facility coming soon
Location: Cedar Rapids, IA
Email: mmmoran@rockwellcollins.com

Mindy Mulligan

Location: Redwood City, CA
Email: mindymulligan@hotmail.com

Mary Ann Robertson

Company: Liberty Hill Pet Resort
Business Phone: 540-439-7297
Location: Bealeton, VA
Email: maryann@lhpaws.com
Website: www.lhpaws.com



Michelina Rudman

Company: Hydro Hound
Business Phone: 972-492-0302
Location: Carrollton, TX
Email: hydrohound@caninewatertherapy.com

Suzanne Samson

Location: Truckee, CA
Email: z3samson@gmail.com

Cassie Sawyer, LMP, SAMP

Business Phone: 206-935-3615
Location: Heavenly Spa, WA and Aquadog Spa, WA
Email: weepawsmail@aol.com

Kelly Shaffer

Location: State College, PA
Email: kelly.thedoglady@gmail.com

Carrie Smith

Company: Pawsitively Pooched, Ltd.
Business Phone: 403-241-5030
Location: Calgary, Alberta, Canada
Email: carries@caninewatertherapy.com
Website: www.pawsitivelypooched.com

Terri Steely, R.N.

Company: Paddling Paws
Location: Goose Creek, SC
Email: paddlingpaws@caninewatertherapy.com

Carol Swindaman, SAMP

Business Phone: 425-222-7221
Location: Heavenly Spa, WA
Email: spawcs@gte.net

Christy Tattersall

Location: Northridge, CA
Email: ctatter@verizon.net

Pamela Tewes

Company: Aqua Dog, Inc.
Location: Waltham, MA
Email: ptewes@aquadogfitness.com
Website: www.aquadogfitness.com

Cathy Toner

Company: Happy Dog Healthy Dog
Business Phone: 302-428-1918
Location: Wilmington, DE
Website: www.happydoghealthydog.com

Linda Voelker, LMP, SAMP

Company: MerlinsMom.com
Business Phone: 425-844-2505
Location: Mega-Dogs, WA
Email: linda@merlinsmom.com
Website: www.merlinsmom.com

Pam Walker

Location: Newport, RI
Email: pamelaj.walker@saic.com

Alison White

Company: The Total Dog Swim Spa
Location: Oceanside, CA
Email: aswhiteauthor@cox.net

Allison White

Location: Kelowna, BC, Canada
Email: Allison.white@shaw.ca

Brenda Williams

Company: Pawsitively Pooched, Ltd.
Business Phone: 403-241-5030
Location: Calgary, Alberta, Canada
Email: brendaw@caninewatertherapy.com
Website: www.pawsitivelypooched.com

SUPPORTING VETERINARIANS

Animal Healing Center

On Staff: Dr. Larry Siegler
Business Phone: 425-885-5400
Location: Redmond, WA
Website: www.animalhealingcenter.com

Mobile Veterinary Services

On Staff: Dr. Tina Ellenbogen
Business Phone: 425-485-7387 (PETS)
Location: Bothell, WA
Email: drtina@caninewatertherapy.com
Website: http://hometown.aol.com/drtinavet/myhomepage/profile.html

Puget Sound Animal Hospital for Surgery, P.S.

On Staff: Dr. Mark Engen & Dr. Byron Misseghers
Business Phone: 425-827-5686
Location: Kirkland, WA

Sumner Veterinary Hospital

On Staff: Dr. Kathy Sheeran
Business Phone: 253-863-2258
Location: Sumner, WA
Email: mksheeran@sumnervet.com
Website: www.sumnervet.com



The Splash !

Member Directory cont.

SUPPORTING BUSINESSES

Dynamite Specialty Products

Owner: Mary DeFillippo
Business Phone: 425-290-2255
Location: Snohomish, WA
Email: maryfurhaven@earthlink.net
Website: www.dynamitemarketing.com

Gold Canyon Candle Distributor

Owner: Amy North
Location: USA
Email: anorth3@cox.net

Mystic Mountain Retreat

Owner: Cindy Hill
Business Phone: 360-794-6388
Location: Monroe, WA
Email: mysticmountainretreat@hotmail.com
Website: www.mysticmountainretreat.com

Pension Design & Admin., Inc.

Owner: Doris Kopp
Business Phone: 425-868-1230
Location: Redmond, WA
Email: doris@pensiondesign.com
Website: www.pensiondesign.com

Puppy Manners Family Dog School

Owner: Becky Bishop
Business Phone: 425-482-1057
Location: Woodinville, WA
Email: becky@pupptomanners.com
Website: www.pupptomanners.com

Sam's Dog Hut

Owner: Sheila Palme
Business Phone: 715-262-4566
Location: Prescott, WI
Email: samsdoghut@centurytel.net
Website: www.samsdoghut.com

Synchronicity

Owner: Charlie Comstock
Business Phone: 360-461-3155
Location: can service anyone, anywhere
Email: charliecomstock@msn.com

The Lodge at Cardiff's

Owner: Susan Von Beck
Business Phone: 425-788-8449
Location: Duvall, WA
Email: Hunterdonfarms@aol.com
Website: www.lapawspa.com/thelodge

SUPPORTING FRIENDS

Nicholas, Heidi & John
Lisa Van Horn & Dugan,
Catherine Lisa VanCamp,
Jean & John Horsfall,
Gretchen & Gunther,
Julie Hess & Annie,
Sedalana Shepherds,
Ann Schurman,
Anita Gehring,
Kathe Roat
Lisa and Honey



If you are a member (except for Facility Owners) and would like to receive a printed version of this newsletter, mail a check for \$25 (for four quarterly issues) to: ACWT, 325 E. Washington St., #237, Sequim, WA 98382

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Tank tops, t-shirts, dog shirts, mugs, beer steins, tiles, tote bags and much more! Prices starting at \$6.99.

Visit:

www.cafepress.com/acwt

