

Lizzy Talk[©]



A newsletter from Lizzy

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Thinking Outside the Box: Hydrotherapy



Fun fact: While hydrotherapy is incredibly beneficial to dogs, Lizzy was not a big fan of the water

Hydrotherapy is exercises done in the water that has been utilized by humans to aid with joint pain and partial paralysis. However, hydrotherapy is not just for human seniors; it can be used for senior dogs as exercise to keep them in shape, especially in winter when your sidewalks may be covered with ice and salt or the temperature may be too cold. It is also an effective therapy after surgery, such as ACL or knee surgeries. This type of therapy also provides other benefits: such as development of lost muscle mass and strength, increase of metabolism, improvement of core strength, and, in some cases, provides a re-education of neuromuscular sensory awareness.

As canines age, their joints start to ache and their muscles start to weaken. This therapy is an excellent way to assist our furry friends due to the low to zero resistance when working out in water. The water makes the dog more buoyant and therefore allows them to move without the pain that may be occurring.

If you decide to give hydrotherapy a try for your senior buddy, make sure to consult with your veterinarian for their advice. Check to see if there is an animal water therapy facility in your area.



Spotlight on a Lizzy's Fund Grant



Recently, Lizzy's Fund provided a grant to a local shelter. A few of the dogs that benefitted from this grant are pictured above. Congratulations to the fourteen dogs who got healthy through this grant: Addy, Alfie, Allie, Bella, Blender, Chloe, Daisy, Eli, Fiona, JJ, Pepe, Rambo, Rhoadie, and Sitka! The purpose of the grant was to help these senior dogs become available for adoption to the shelter so they could find permanent, loving homes. Treatments included laboratory tests, dental cleanings (with some extractions), vaccinations, spay and neutering, heart worm treatments, and echograms for heart evaluations. All of these treatments, as funded by Lizzy's Fund, allow the shelter to provide health records to the new owners.

Happy day for these seasoned canines!

Did you know...

- 🐾 A dog is considered senior at age 7.
- 🐾 The oldest dog to date lived to be 29 years old.
- 🐾 Dogs become more anxious as they age, so it is important to keep their routines consistent.

WE NEED YOUR HELP!

Your donation will help us provide:

- ♥ Additional grants to be awarded in the future
- ♥ Furr-ever homes for senior dogs
- ♥ Necessary medical treatments
- ♥ A warm and fuzzy feeling inside

Lizzy's Fund is an IRS approved not-for-profit charity that provides financial support to senior canines, aged 7 and older. The Fund is named after a little long-haired Chihuahua named Lizzy, who after her owners discovered Alternative Care Medical help, lived to 16-1/2 after vets gave up on her at age 9.

Would you like more information on Lizzy's Fund?

Visit www.lizzysfund.org or follow her on [Facebook](#) and [Instagram](#)!

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