

5 Myths That Haunt Recovery

(and what to do instead)



Rest is Best

The truth:

While rest is important at first, too much rest can slow healing. Joints stiffen, muscles weaken, and mobility declines.

What to do instead:

Use guided, gentle movement — like hydrotherapy — to keep muscles active and joints supported. Safe motion is medicine.



They'll Recover on their Own

The truth:

Without targeted therapy, dogs often compensate — overusing one side or forming bad habits that linger.

What to do instead:

Early intervention = faster, smoother recovery. A rehab plan ensures balanced movement and prevents future injury.



If it hurts, they should stop everything

The truth:

Some discomfort is normal as healing tissues strengthen. Avoiding all movement can actually make recovery harder.

What to do instead:

Follow your therapist's guidance — we adjust intensity safely and watch for warning signs. Recovery should challenge, not harm.



Hydrotherapy is just Swimming

The truth:

It might look like swimming, but real hydrotherapy is a controlled, clinical exercise – every movement is guided and tailored to your dog's needs.

What to do instead:

Look for a qualified hydrotherapist who assesses gait, monitors technique, and adjusts sessions to match your dog's stage of recovery.



Any Pool Will Do

The truth:

Hydrotherapy isn't about water alone – it's about safety, hygiene, and skill. Cleanliness, equipment, and handling matter more than the pool itself.

What to do instead:

Choose a clinic that maintains strict hygiene, uses appropriate equipment, and prioritises calm, positive handling every time.

The (Not-So-Scary) Truth

Recovery shouldn't be spooky – for you or your dog.

With calm, science-led guidance, hydrotherapy becomes the safest bridge between injury and full, happy movement.



Want Expert Guidance?

At Rosecroft, we specialise in safe, supported hydrotherapy to build confidence, fitness, and recovery.

Get in touch to learn more!