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In 2001, Alden Beane went to the dogs. She found the world of canine rehab and animal wellness and she was hooked when she started working in this fascinating field. Eager for more specialized training, she earned a certification from the Canine Rehab Institute in 2009. In 2012, True Balance Animal Wellness was born, and she began working on a vet referral basis offering individualized plans and preventive care for dogs in the Berkshires. In 2013 she realized a dream by opening her own Canine Aquatic Gym where she's been providing hydrotherapy, rehab, and conditioning for dogs in her Rosseter street location ever since.

"I have had more than 800 dogs come through the aquatic gym, developing relationships with them as they heal from injuries or face surgeries, and as they deal with the effects of aging," Beane says, recalling the long friendships with dogs and their people that her work has made possible. Referred to by over 40 different veterinarians from Massachusetts, VT, CT and as far away as NYC Beane's practice has been bustling. "People have come from up to 3 hours away," she says, noting that in the animal world, this kind of loving attention and the obvious relief it brings are hard to keep secret. "I've even had a rabbit, a goat and a kitten in the water!"

After 10 successful and busy years, True Balance Animal Wellness's Canine Aquatic Gym will be closing in mid October, but dogs (and their humans) can rejoice: Beane is transitioning to a home care model, bringing the mountain to her patients right where they are.

Beane has had a blast swimming with dogs and looks forward to expanding the reach of the other services she offers, which have changed so many lives—canine and human—for the better.

"I'll be refocusing my practice on vet referred home visits for pre-op prep, post-op rehab and senior wellness throughout the tri-state area and beyond," she says. "If you have a pet with an injury or surgery, I can be there to prepare your home for their safety and comfort, plus develop pre-op and post-op exercise plans."

The full suite of services includes class 3B cold laser, individualized exercise plans, injury prevention, bodywork instruction, and geriatric support enhancing quality of life. As a supplemental tool, laser treatments can reduce inflammation, decrease pain, speed wound healing and promote healthy cell growth amongst other things."

Her clients' testimonials don't really translate to print, but the humans involved don't mince words.

“Alden is a superb rehab therapist who has made a huge difference in my senior dogs’ quality of life,” says professional dog trainer Meredith O’Connor, who regularly refers clients including her own 14yo Lucy. “She’s very in tune with the animals and works with them so skillfully. My dogs love their visits. It is a gift to have her helping them.”

“Alden has worked with many of our dogs over the last decade plus,” says client Allison. “She has used a variety of treatment methods to help with several different orthopedic, neurological, and functional issues. Every single one of our dogs fell in love with her instantly and were always so calm and relaxed during her treatments. They offer the best testimonial to how wonderful Alden is.”

Janet Elsbach, who fosters dogs of all ages, had a paraplegic puppy come into her care not long ago. “Alden was my first call,” she says. “She set us up with exercises and modifications to his environment that helped him get his four-wheel drive back! He was adopted by an active family and runs all day with a pack now.”

“Closing the pool is a big change, for sure,” says Beane, “and a big opportunity! I’m excited about it. So many pets are most comfortable at home, and seeing the interventions I’m suggesting for them demonstrated in their own environment really impacts how easily families can stay consistent with what I recommend.”

True Balance Animal Wellness is booking home clients effective immediately. Please contact Alden Beane for appointments and more information.

Please see below.

Additional information, photos and video available upon request.