



## Animal Rehabilitation

*“Natural, hands-on approach to health care that optimizes movement and the function of your animal”*

By Dr. Jamie Mabeus, DC

### What is physical rehabilitation?

Physical rehabilitation functions to increase your pet's range of motion, improve balance and overall muscle strength, and reduce pain. Dr. Jamie's rehabilitation program helps to ease the effects of disease or physical weakness by means of special physical exercises, massage, heat/cold therapy, kinesiology taping, electrotherapy, and/or ultrasound therapy. This therapy is helpful in treating pets with neurological diseases, hip pain, soft tissue sprains/strains, and arthritis, as well as those recovering from orthopedic surgery. Any animal experiencing stiffness, trauma, pain, muscle atrophy, imbalance, or inflammation can benefit.

Physical rehabilitation in animals is based on similar principles of human physical therapy. Depending on the condition being treated, various exercises are performed to increase range of motion, improve balance, and overall strengthen muscles. Pain reduction is also an important part of rehab and can be accomplished with a variety of mechanisms such as massage, ultrasound, electrical stimulation, and ice/heat therapy. Initially rehab treatments may be aimed towards decreasing pain and inflammation; then improving range of motion and balance; and, later, improving performance, stamina and muscle size.

Physical Rehabilitation is also very helpful when recovering from orthopedic and neurologic/spine surgery. In such cases, rehabilitation is geared toward healing and recovery in a controlled manner over a period of several months to achieve the best possible surgical outcome. In addition, various neurological diseases, soft tissue sprains/strains, or any condition involving stiffness, trauma, pain, muscle atrophy, imbalance, or inflammation will also benefit from rehabilitation. Secondary or compensatory problems will also often improve as primary problems are addressed.



*Bodies in Motion  
Stay in Motion*

### What types of patients do we treat?

Working athletes such as police dogs, search and rescue, security and assistance dogs are frequently in need of rehab due to their strenuous training and work related injuries. Sporting dogs that participate in agility, obedience, fly ball, frisbee, field trial, hunting, herding, etc, can benefit from prehab (before injury) and rehabilitation (after injury) as these sports cause excess stress and strain from training and competition. Family pets may need rehabilitation as well. Walks, runs, hikes, trips to the dog park and other house mates can all put undo stress on your animals body, leading to injury.



## Benefits of rehabilitation include:

- Promote faster healing and recovery time from illness and surgery
- Improve function and performance
- Minimize pain
- Improve muscle strength and flexibility
- Improve joint range of motion
- Increase muscular and cardiovascular endurance
- Improve psychological well-being and comfort
- Maximize athletic potential and performance
- Enhance quality of life
- Manage chronic disease
- Avoid or prevent surgery

## Services Include:

## Conditions that may benefit from therapy:

- Arthritis
- Neurological diseases/injuries
- Post-orthopedic and neurological/spine surgeries
- Hip Dysplasia
- Joint/tendon injuries - sprains and strains
- Degenerative disc disease, Degenerative joint disease
- Muscle disorders
- Weakness in limb(s)
- Amputation
- Compensatory Pain
- And many more



### Therapeutic Exercise

Therapeutic exercise is used in the treatment of disorders of the musculoskeletal and/or neurologic systems as well as in patients who need conditioning and/or weight loss. Each session includes various types of exercise with use of appropriate equipment, tailored to your pet's specific diagnosis and needs. This modality can improve strength, flexibility, balance and coordination and can slow progression of disease, leading to an enhancement in mobility and better quality of life for your pet.

### Electrical Stimulation

Electrical stimulation (E-Stim) is the use of electrical impulses to an area of the body to stimulate nerves and muscles. There are two types of E-Stim: 1) Neuromuscular E-Stim (NMES), which stimulates nerves and muscles to prevent muscle atrophy (muscle mass loss) and strengthen specific muscles. 2) Transcutaneous E-Stim (TENS), which stimulates nerves to facilitate pain relief and comfort. E-stim is beneficial for a variety of conditions including acute and chronic orthopedic and neuromuscular injuries, recovery from surgery, paralysis and pain.

### Therapeutic Ultrasound

Ultrasound is the use of sound waves to create heating (thermal effects) and vibration (non-thermal effects). Ultrasound is beneficial for a variety of conditions including wound healing, fractures, tendon and ligament damage, muscle relaxation, restricted range of motion and scar tissue, inflammation, localized swelling, and pain.

### Kinesiology Taping

Kinesiology tape is applied over muscles to reduce pain and inflammation, relax overused or tired muscles, reduce bruising and swelling and support muscles on a 24 hour basis. The tape is non-restrictive, allows for 'Full Motion' and can be used just about anywhere on the body. The tape is made of cotton and uses a gentle heat activated adhesive, that is breathable and quite comfortable to wear. As your animal moves, the tape moves. The tape is durable and is typically worn between 3-5 days per application.

### Bracing and Carts/Wheel Chairs

There are many conditions that benefit from the use of an assistive device or cart. Whether it is created in-clinic or ordered from an outside manufacturer, we can help you select the appropriate braces, wraps and other devices. We can also assist in the measurement, fitting, acclimation to and proper use of a cart. Most devices require a very accurate and customized fit to be beneficial to the pet. A poorly fitting cart or brace may worsen a pet's condition or create new problems. Any patient that needs the assistance of a device or cart should be evaluated to ensure proper fitting and use.