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.

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.

To learn more and see video demonstrations visit: www.chiropractorforanimals.com
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

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

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