

## How rehab can help your pet

There is a misconception that physical rehabilitation is only for injured pets. It actually helps many pets lead more comfortable lives. Here are answers to some of the questions that you may have about Canine Rehabilitation.

### Q. What is Canine Rehabilitation?

Canine Rehabilitation is very similar to the physical therapy services that have been offered for years to humans to prevent injury, following illness, injury or surgery. The benefits of rehabilitation aim to reduce pain, inflammation, and swelling, and increase range of motion, strength, mobility, function and fitness.

### Q. Which pets can benefit?

Rehabilitation treatments improve quality of life for a variety of pets, including injured animals, aging pets who are in pain, overweight pets trying to lose weight and those recovering from surgery – especially orthopedic and neurological cases.

### Q. Which conditions are commonly treated with rehabilitation?

Rehabilitation is frequently used to treat acute and chronic orthopedic and neurological conditions. Some specific examples include osteoarthritis, hip dysplasia, and recovery from a fracture or ruptured cranial cruciate ligament. Dogs with lameness, gait abnormalities, mobility problems or arthritis will also benefit.

### Q. What does Canine Rehabilitation involve?

Depending on your dog's condition, the following treatments may be used:

Laser, ultrasound, underwater treadmill, acupressure, massage therapy, heat/cold, range of motion exercises, balance and coordination therapies, and home exercise programs will be prescribed.

### Q. What if I don't have the time or money for rehabilitation?

Keep in mind that rehab often reduces the need for anti-inflammatory or pain medications for your pet, which saves money in the long run. As for time, we'll teach you basic at-home techniques if you can't come into the practice as often as prescribed. Working with your pet on rehab exercises can even help the two of you develop a closer relationship.

### Q. How soon will my pet feel better?

Be careful here: It's easy to let your pet do too much too soon. A dog that needs eight weeks of postoperative rehabilitation usually feels better by week three. But keep in mind that your pet won't be healed until more time has passed, and too much activity before then could damage the surgery site. Also, excessive strain might make the surgery unsuccessful, which could waste all your well-spent money. Be sure to ask your veterinary team if you have any questions about the right activity level for your pet.

