



Can Your Pet Benefit from Rehabilitation?



School of Veterinary Medicine
Louisiana State University
Baton Rouge, Louisiana

How We Can Help

Is Rehabilitation Right for My Pet?

In humans, rehabilitation (physical therapy) has become a key component in the treatment of injuries and chronic diseases. In veterinary medicine, physical therapy and pain management are also considered very important for successful recovery after orthopedic surgery and neurosurgery. This may include hip surgery, stifle (knee) surgery, spinal surgery or trauma, or chronic pain, to name a few. Arthritis and obesity can also be helped by physical therapy.

The **CARe Center** at LSU takes a combined approach to enhance muscle strength, range of motion, pain control, and speed of recovery.



1. Treatment Options

Hot and cold packing and passive range of motion exercises are performed multiple times per day to prevent joint stiffness and postoperative pain. **Therapeutic ultrasound** (pictured above), **neuromuscular electrical stimulation** and **massage** are other treatments.

2. Pain Management

Pain management <http://www.laequinecouncil.com> is an important aspect of rehabilitation. It may entail a combination of **drug therapy**, **massage**, **therapeutic ultrasound**, **acupuncture** and/or **spinal manipulation**.



3. Individual Exercise Programs

Exercise programs can be tailored to increase the strength, endurance and performance of canine patients, both on an out-patient and in-patient basis. Depending on the patient's problem and general health status, **therapy balls**, **treadmills**, **cavaletti rails**, **walking carts**, and **balance boards** are utilized to enhance coordination, balance and muscle strength.

4. Underwater Treadmill

Use of an underwater treadmill may be a part of the overall rehabilitation. Underwater treadmills provide buoyancy during exercise, increase muscle blood flow, and encourage joint movement while decreasing the stress. It can help with pain and swelling and provide a high-resistance work-out. It is especially beneficial for dogs that have had spinal surgery and are unable to walk well.



5. Monitoring and Home Care

A rehabilitation program is tailored to each patient's specific needs. Regular evaluations during the rehabilitation period are used to assess the patient's progress and to determine whether the program needs to be modified. We will talk with you and give detailed instructions regarding the methods you can use at home between clinic visits and possibly in the long term.

Improve Quality of Life



Currently, the **CARe Center** focuses on rehabilitation of dogs and cats with

- Cranial cruciate ligament disease
- Femoral head and neck resection (FHO)
- Hip dysplasia
- Fractures stabilized with casts or implants
- Osteochondrosis dissecans (OCD)
- Elbow dysplasia
- Osteoarthritis
- Obesity
- Hip, elbow and stifle luxations
- Neuromuscular dysfunction due to intervertebral disc disease, spinal tumors, fractures and degenerative myelopathy

Several of our orthopedic surgeons have also undertaken advanced training in canine rehabilitation practice and received the Certificate in Canine Rehabilitation Practice (CCRP).

Please feel free to contact Nina French, our rehabilitation technician, or the rehabilitation clinician on duty through the LSU Small Animal Clinic at (225) 578-9600.

Fees:

Initial evaluation
(LSU orthopedic patients): \$31.50

Rehabilitation for
outpatients*: \$36.75/session

Rehabilitation
including boarding*: \$63/day

Rehabilitation package
for outpatients*: \$315/10 sessions

Rehabilitation package
with boarding*: \$577.50/10 sessions

*Prices only include regular rehabilitation treatments and might be higher for animals with special needs

Prices as of June 2006



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