



Rehabilitation Therapy

Rehabilitation

Rehabilitation is a well-established, proven and integral part of recovery from most orthopedic and neurological diseases and is now part of the routine standard of post-operative care. Physiotherapy has been the standard of post-operative care in human medicine for decades. Rehabilitation is an important component of treatment of many non-surgical diseases as well, and in the case of some neurological diseases is the only available treatment. Espanola Animal Hospital is proud to provide this essential service by highly trained canine rehab staff overseen by a Certified Canine Rehabilitation Therapist.

Our rehab area is located in the basement of our hospital, where we have a large dedicated space for therapeutic exercise and gait assessment. Pet owners should clearly understand that rehab is something that happens in the home multiple times per day. It is the pet owner that performs the rehab; the rehab therapist's primary function is to assess and provide guidance. Performing good proper rehab will greatly improve your pet's recovery and prognosis; failing to do so will adversely impact their recovery and prognosis.

Assessment

A proper rehabilitation program will be responsive to patient progress and will change based on frequent re-assessment. This assessment will tell us how your pet is doing and allow us to tailor the rehab program to their needs and abilities. Typically, treatments change in difficulty and complexity as your pet progresses over time. The assessment will involve gait and ambulatory evaluation, weight-bearing status and strength testing, neurological

status where appropriate, muscle tone and girth measurement and joint range of motion. From there, we can determine what kind of therapies your pet needs to improve and continue to progress in their treatment and recovery. With tele-rehab, you'll be instructed to do some walking, movements and other exercises in order to perform the assessment.

Tele-Rehab

Because of our location in Northern Ontario and the large geographic area that our patients come to us from, it is not always possible for our clients to return to the hospital for regular rehab assessment and therapy. For these patients we are able to provide telemedicine services via either Skype or FaceTime for iPhone/Mac users. This program has been phenomenally successful and while it is always preferable to have "hands on the dog", we are able to do a thorough, complete rehab session by this means when necessary. Tele-rehab appointments are



scheduled like any regular appointment and are the same length of time as what would take place in hospital. Progress reports and updated "homework" are sent to the client by email after the session. Please note that tele-rehab is intended to allow patients in remote areas access to rehab; clients that live within reasonable driving distance of the clinic will not be eligible for this service.

Treatments

There are a number of treatments that are routinely used to rehab our patients depending on their condition and post-operative status.



Some of the various treatments that we employ are described below.

Modalities – in rehab, treatment modalities are generally those that involve the use of a machine that applies a treatment to a patient. Examples include therapy lasers, cryotherapy machines, NEMS or TENS machines and various treadmills. These are generally used early in treatment and are usually discontinued after the first few weeks of a patient's recovery.

Manual Therapies - include soft tissue and joint manipulations, massage, gait and stretching. For our neuro patients these therapies would include tactile and sensory exercises and gait re-patterning. Goals for soft tissue manipulation are to reduce swelling, increase extensibility, improve joint range of motion, improve sensory and motor function and improve blood circulation. These therapies are often prescribed early in treatment as well and are discontinued after several weeks as the patient progresses.

Therapeutic Exercise - refers to specific exercises designed to improve one or more of strength, balance, co-ordination and sensory feedback. These exercises may involve the use of certain objects such as boxes, couch cushions, stairs, etc. Your pet will always be prescribed some therapeutic exercises as part of their homework that will change over time as your pet's recovery progresses and improves.

How The Rehab Program Works

For most patients, rehab sessions occur weekly. This allows enough time to pass to see changes occur and respond to them accordingly. Most of the conditions for which rehab is prescribed require about 6 weeks of structured rehab, but some may require more. Rehab appointments are scheduled based on the nature of the case (i.e. post-op cruciate repair, spinal disorder, post-op fracture repair, etc.) and are sold as a package. If more treatments are necessary, individual treatments may be purchased. Please note that these packages and appointments are non-refundable nor are partial

refunds given for unused appointments. It is the client's responsibility to ensure they are able to be present when appointments are booked. As we are charging for the rehab therapist's time, we are unable to refund or credit missed appointments so please be sure that you are able and willing to attend when signing your pet up.

Rehab appointments are available on Wednesday and Saturday afternoons. Due to the demands on our staff and the volume of patients treated at our facility, we are unfortunately not able to offer rehab outside these times at the present time.

Any questions or concerns can be addressed by email or a telephone call to the rehab technician or Dr. Rocheleau.



Cost:

The cost of these procedures is as follows:

6 Session Pack: \$200.00 + HST

Individual Sessions: \$35.00 + HST

Laser Therapy - 6 sessions: \$250.00 + HST

E-Stim Machine Rental: \$100.00 + HST
(\$75 returned on return of machine)



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