

FALL  
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# NEWS

Canada's ONLY stand-alone rehab referral centre!



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## What's new at The Canine Fitness Centre Ltd?

### Latest Testimonial from a Canine Rehab Intern...

The Canine Fitness Centre (CFC) routinely takes interns from the Canine Rehabilitation Institute ([www.caninerehabinstitute.com](http://www.caninerehabinstitute.com)). Here's a recent testimonial...

"Hi Laurie! So now it is raining and in the 70's here... getting chilly! Note to sensei (that would be teacher in Japanese, which would be you. I am the

grasshopper): I was so excited to feel all the dogs and cats since I have been back at work. I was a much better veterinarian this week than I was before my internship. Thank you for shining the light. Thank you for all that you let me see and do at your practice. It was a chance of a lifetime."

**Pauline Harada, DVM, CCRT**  
**Kaha'ako Pet Hospital**  
**Honolulu, Hawaii**

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"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read."  
- Groucho Marx

"I am fond of pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals."  
- Winston Churchill

## Question & Answer Period:

Listening to one of your lectures, you were saying that decreased movement in the lumbar vertebrae might make you suspect spondylosis, and that made me think a little. I was always taught that spondylosis was not painful. But now I wonder about that. I feel often that dogs with spondylosis have painful backs and I get reactive muscle twitches. Do you think that the spondylosis plays no role in that or is it contributing to the pain because the joints aren't moving like they should? I'm not sure it is a very good question because you can't really fix the spondylosis anyways, but I have just been wondering about this.

Thanks again so much. - K.

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Hi K.!

Thank you so much for your question! So here are my thoughts on spondylosis:

It makes sense to me that spondylosis is a response to hypermobility (and in particular excessive extension forces +/- lateral motion as well). I believe the body utilizes 'bone' to stabilize the area. Soooo - there may be some back pain that precipitates the spondylosis and/or as the back is spondylosing it is uncomfortable... but once it IS spondylosed, it is not painful.

The areas of pain AFTER spondylosis have set in, are the adjacent segments that still have motion. They have to take on extra work-load to make up for the lack of action in the spondylosed segments.

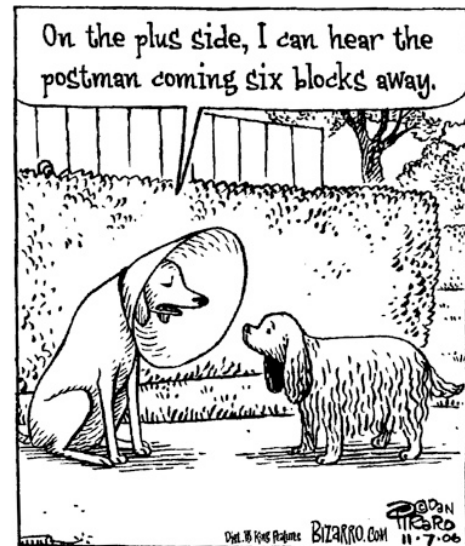
My plan of attack for dogs that have hypermobility in their backs (excessive mobility i.e. border collies, or post-partum bitches, or obese dogs, or deconditioned dogs) is to work on their abdominal strength in FUNCTIONAL ways. I do not see any sense of putting a dog on a ball sideways and getting it to do sit ups. Rather, all sorts of balancing practice, 3-leg stands, diagonal leg stands, standing on two cinderblocks as they move farther and father apart slowly... (all while stimulating/facilitating the abdominal muscles), and or treadmill work (walking backwards, or with front feet on a ball/peanut and back legs on the treadmill), cavaletties, down hill walking, backing up....

I'd also treat any pain in the back with laser or acupuncture specifically.

It's a great question! Thank you for taking the time to write. All the best to you and your practice!!

Cheers - Laurie

JUST  
FOR  
FUN



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## It's not all about exercise!!

Did you know that physical therapy plays a large part in pain management in human health care, and can provide therapy options for the painful pet as well? Plenty of research has been conducted, and ironically animal studies have been used to validate human therapies in this field!

Rehabilitation (in the right hands) can employ the use of modalities, manual therapies, some non-stressful exercise, and psychosocial strategies to address both chronic and acute pain. As an example, cases of osteosarcoma (either undergoing radiation and/or chemotherapy treatment or non-treated palliative cases) can benefit from a regimen of laser therapy or ultrasound to the contralateral limb and to the nerve roots that supply the dermatomal distribution of the painful area. TENS can be used directly at the painful site (as it is a tool that has been found to be safe over a cancerous lesion). Microcurrent could be utilized locally or transcranially for pain (acute or chronic respectively). Spinal mobilizations and gentle mobilizations to the most adjacent joint can help with segmental pain relief. Acupuncture and

massage can be useful as well. These dogs might also benefit from some form of exercise therapy (as tolerated), which will not only help with pain, but may positively impact function and mental status. Sometimes simply taking the animal out to a place where he/she can see, sniff, or interact with others can be an enormous boost to the spirits (and has a beneficial pain-relieving effect - it's been shown in humans... so why not?).

When treating acute cases, all therapies can safely be directed at the site of pain. Laser, ultrasound, e-stim or TENS, gentle mobilizations, massage, etc. As a general rule, a post-operative or new injury case is considered acute for the first 10 days to 2 weeks. Not until after that time, and when all seems to be healing well is any form of targeted exercise prescribed.

While human health care is rapidly finding that the psychosocial aspects of chronic pain management are paramount to successful care, this is not an area recognized in animals. But it sure is fascinating to think about what could be!

Underlying message... canine rehab deals with pain management using evidence based literature to guide treatment!

## Just a few of the REFERENCES for "It's not all about exercise!!"

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-Butler D, Moseley L. *Explain Pain*. Noigroup Publications, Adelaide, Australia, 2003.

-Madsen MV, Gotzsche PC, Hrobjartsson A. Acupuncture treatment for pain: systematic review of randomised clinical trials with acupuncture, placebo acupuncture, and no acupuncture groups. *BMJ*, 338, 2009: pp a3115.

-Sluka KA (ed). *Mechanisms and Management for Pain for the Physical Therapist*. IASP, Seattle, WA, 2009.

-Tan G, Rintala DH, Thornby JJ et al. Using cranial electrotherapy stimulation to treat pain associated with spinal cord injury. *J Rehabil Res Dev*, 43 (4), 2006: pp 461 – 474.

## Trivia...

- The most popular name for a dog is Max.
- An estimated 1 million dogs in the United States have been named the primary beneficiary in their owner's will.
- Seventy percent of people sign their pet's name on greeting cards and 58 percent include their pets in family and holiday portraits.
- Most pet owners (96 percent) say their pet makes them smile more than once a day.
- 65 percent of pet owners say they have more photos of their pet than of their spouse or significant other.

Source: <http://www.dogwork.com/html/dog-trivia.html>



## Did you know?

- The Canine Fitness Centre carries a selection of sturdy slings and harnesses (full body and rear end). Your clients can call directly to access these products.
- The Canine Fitness Centre routinely fits & measures dogs for wheelchairs and will soon be carrying (in-house) a broad selection of wheelchair sizes for

immediate purchase... no need to wait weeks for shipping!

- The Canine Fitness Centre has done splint castings for Orthopets (orthotics & prosthetics), and has fitted for stifle braces (A-Trac), as well as carpal and tarsal splints (Therapaw). These services complement a rehab program, and as such we require a referral for rehab before offering these services.



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