

FALL
2014

NEWS

With over \$150 000.00 worth of top of the line equipment (not to mention knowledge) we can help get your patients feeling better faster!!



THE CANINE FITNESS CENTRE LTD

Six days at the Canine Fitness Centre...

I have a quarter century career in veterinary medicine and despite a keen interest in body mechanics I have not come close to doing justice to the musculoskeletal system. My profession has failed me in this area and I too often have felt like I have, in turn, failed my patients due to a lack of knowledge. As always – the more you get to know the more you realize how little you know. What I have gained through brushing the

surface of canine rehabilitation medicine is a huge respect for the field of physiotherapy and especially for the pioneers who have applied these concepts to animals - creating the field of Animal Rehabilitation. The team at The Canine Fitness Centre are not only such pioneers but also fearless innovators and teachers. These people don't stand still! They move against convention and mediocrity – challenging themselves and other animal care workers into furthering and

spreading the knowledge around animal rehabilitation. They are a gift to animals, but also to the interns, like myself, that they have helped to train. EVERYONE who wants to wear the label of veterinarian should be taking a course in animal rehabilitation. My thanks to the Canine Fitness Centre!

- Joan Brocklebank, Humble Veterinarian from BC

Want to know more about what we do at the Canine Fitness Centre?

Check out the video on our home page
www.CanineFitness.com

They're not just pets, they're family! Our clients want the very best for their furry family members. We strive to work with veterinarians and other animal professionals to provide complete and balanced care. If you would like to shadow for a day at the CFC contact our front desk. We'd love to have you!

This Issue

Exercise and Aging in Humans	2
Exercise for Geriatric Dogs	3
The Euthanasia Decision	4
Special Offer	4

Exercise

prescription for older adults

What can we learn
from human research?

What can we apply to
dogs?



Chodzko-Zajko WJ, Proctor DN, Fiatarone Singh, Maria A, et al. Exercise and Physical Activity for Older Adults. *Medicine & Science in Sports & Exercise*: July 2009 - Volume 41 - Issue 7 - pp 1510-1530.

Exercise prescription for older adults should include aerobic exercise, muscle-strengthening exercises, and flexibility.



Aerobic Exercise Training:

Three or more months of moderate-intensity Aerobic Exercise Training (AET) elicits cardiovascular adaptations in healthy middle-aged and older adults, which are evident at rest and in response to acute dynamic exercise.

Resistance Exercise Training:

Older adults can substantially increase their strength after Resistance Exercise Training (RET).

Balance Training:

Multimodal exercise usually including strength and balance exercises, and tai chi have been shown to be effective in reducing the risk of non-injurious and sometimes injurious falls in populations who are at an elevated risk of falling.

Flexibility Training:

There is some evidence that flexibility can be increased in the major joints by ROM exercises; however, how much and what types of ROM exercises are most effective have not been established.

Conclusion:

Several evidence-based conclusions can be drawn relative to exercise and physical activity in the older adult population:

1. A combination of AET and RET activities seems to be more effective than either form of training alone.
2. Exercise programs do not need to be of high intensity to reduce the risks of developing chronic cardiovascular and metabolic disease. However, higher-intensity exercise can be more effective.
3. Exercise benefits/effects are relatively short-lived, and the chronic adaptations to repeated sessions of exercise are quickly lost upon cessation of training, even in regularly active older adults.
4. The extent to which exercise can reverse age-associated physiological deterioration may depend, in part, on the hormonal status and age at which a specific intervention is initiated.
5. Exercise prescription for older adults should include aerobic exercise, muscle-strengthening exercises, and flexibility exercises. Additionally, specific exercises to improve balance may also be warranted.



What can be done to help the geriatric dog - based on human research?

Aerobic Exercise

Older dogs may benefit from use of the underwater treadmill. The buoyancy of the water can help to cushion arthritic joints and provide a safe environment to gain cardiovascular benefits. As well, therapeutic use of any treadmill (land or water) can help to control walking speeds or help to get an unwilling dog to go for a walk. Owners can be shown how to introduce their dogs to land treadmills and how to start them safely.

Resistance Training

Antigravity exercises can be a form of resistance training for older dogs, and antigravity tasks are most helpful in terms of translation of strength benefits to function. Walking up and down hills or stairs is one such exercise. Lying to standing can be encouraged multiple times a day in senior dogs. As well, stepping over obstacles can not only help with strengthening, but can also aid in coordination training.

Balance Training

Coordination and balance can be improved with dedicated training to these tasks. In a dog this could be done by testing and then prescribing a 3-Leg standing exercise (lifting and holding one leg off the ground as the dog balances for a few seconds), repeated a number of times. Standing or sitting on a balance device (physio-ball or BOSU) could also provide fitness benefits.

Flexibility Training

Stretching of overused muscle groups can aid in extensibility and help to reduce muscle trigger points. Targeted range of motion (ROM) exercises can also help with joint nutrition and periarticular structure health in arthritic or pre-arthritic joints. Specific exercises may also be incorporated into a flexibility regimen as a way to encourage ROM or stretching as a way to 'trick' the dog into accepting these tasks.

More Tips for Senior Dogs

- Teach that old dog new tricks!
Keeping an active mind will help an old dog stay alert and interactive with his environment. Learn new behaviours and low impact games.

- Stay physically active
What's good for the body is good for the mind and spirit. Dogs age fast if they don't get regular activity. Make a point of visiting new places often and even if that daily walk slows to a crawl, take it anyway!

- Be alert
As your dog ages be alert to changes in his sight and hearing and adapt his environment accordingly. Don't sneak up on a deaf dog and remove hazards from the path of a blind dog so he can navigate safely.

- Watch the diet
Older dogs likely require fewer calories than younger more active pets, but we need to make sure we're meeting nutritional needs too. Dogs lose muscle mass as they age and need food that supports their muscles

World's Oldest Dog

The Guinness World Record holder for oldest dog is a Australian Cattle Dog named "Bluey". He was purchased as a pup by Les Hall of Rochester, Victoria, Australia in 1910. He worked cattle and sheep well into his twenties and was put to sleep in November of 1939 at the age of 29 years 5 months old.

BLUEY
1910 - 1939
Worked like a dog!

Time to say "Goodbye"?: Considering Euthanasia

1. Is the condition prolonged, recurring, or getting worse?
2. Is the condition no longer responding to therapy?
3. Is your pet in pain or otherwise physically suffering? Is it no longer possible to alleviate that pain or suffering?
4. If your pet should recover, is he/she likely to be chronically ill, an invalid, or unable to care for himself as a healthy pet?
5. If your dog recovers, is he/she likely no longer to be able to enjoy life, or will he/she have severe personality changes?

If the answer is "yes" to all questions then you may consider euthanasia as the best option for your pet. If the answer is "no" to three or four of the questions then you can consider for your pet's life to end naturally. However, one must answer three more questions:

1. Can you provide the necessary care?
2. Will such care so interfere with your own life as to create serious problems with you or your family?
3. Will the cost involved become unbearably expensive?

Bernard S. Hershhorn DVM, author of the book "Active Years for Your Aging Dog" 1978

In 1978 Dr. Hershhorn published the above questions in his book on aging dogs. It provides consideration for ongoing care of the geriatric or otherwise ill or injured pet and for the self-care that owners must consider as they deal with their dog's condition. His criteria for euthanasia are "yes" or "no" questions that can be answered by the owner with help from involved canine health professionals. Though the book was published over 35 years ago the questions remain relevant, but the options for available treatment have expanded allowing the owner to make more choices in regards to their pet's care.

The first six questions address the well being of the dog (or other pet), specifically pain and quality of life consideration. Here is how the Canine Fitness Centre can help with the answers to some of those questions:

1. Chronic conditions can be managed to relieve pain, and maintain function. Acute conditions can be treated with the goal of regaining function. We can also help with the rehabilitation of dogs that have been treated surgically to aid in the avoidance of recurring injury and complications during recovery.

2. Sometimes conditions have limited response to drug therapies or surgeries. We provide a number of alternative non-invasive therapies and assistive devices.

3. Physios are not only concerned with strengthening and exercises, but also with pain management. Manual therapies and a variety of modalities serve as drug free options while working with the medications prescribed by the pet's veterinarian.

4. Restoration of function is always the ideal outcome to therapy, however this is not always

possible and when it is not, ongoing therapy can aid in the maintenance of current function and comfort as well as slowing the progression of the condition.



5. We offer a variety of assistive devices that are designed to aid in the care of disabled pets to allow them to live as full a life as possible.

The final three questions focus on the well being of the care-giver, in this case the pet owner. While these are more dependent on the lifestyle and home environment, there are a few things that we can help with as well.

1. Once again, our assistive devices are designed not only to help the pet function, but to help the owner aid the pet in function.

2. We offer weekend appointments for all our services and evening appointments for some of our services to fit into busy schedules. Owner are also given home programs to help their dogs independently between session.

3. Many pet insurance policies cover alternative therapies in part or in full, decreasing the financial burden of caring for a disabled pet.

\$5.00 SAVINGS

COUPON

The Canine Fitness Centre

509 - 42 Ave SE

Calgary, AB

www.caninefitness.com

403-204-0823



Redeemable for services only.

Not redeemable for cash or product.

Minimum \$35 purchase.

One coupon per customer.

Offer expires: Dec. 31, 2014

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