

## TESTIMONIALS

*Our sweet Mia was diagnosed with a muscle disease that has no known cure. While looking for help, we found Wheatland Animal Hospital. What a blessing! Dr. Chris and the staff have been working to slow down the progression of the disease. After just a few weeks of water therapy, Mia was showing signs of improvement. Almost a year later, Mia can once again navigate the stairs and is back to playing with her toys! Plus, Mia loves the entire staff as she is always so excited to see them. We are so grateful for Wheatland and their therapy program.*



~The Vesta Family

*I have used the services of Wheatland for 30 years for a variety of pets, with various issues. Most recently my 7 year old lab was diagnosed with arthritis in her leg. She limped terribly and couldn't take the long walks as normal. Wheatland outlined several options for pain control/therapy treatments. Stem cell treatment seemed the most logical with long term benefits. Bella had the procedure about 7 weeks ago. She is limping less, running up the stairs, and vertical jumping on her hind legs to greet me. I am very happy with the results, and would never hesitate taking the advice of the Wheatland doctors for my animals.*



~Sue P.

### **YOUR DOG HAS BEEN DIAGNOSED WITH A CONDITION THAT MAKES MOVING DIFFICULT OR PAINFUL...**

At Wheatland Animal Hospital we have a rehabilitation program that will improve your pets ability to move and reduce the pain they feel. When your pet experiences various orthopedic or neurologic disorders, our rehabilitation program is similar to a physical therapy program you would do for yourself, but ours is designed for your pet.

Rehabilitation therapy actually corrects the problems that cause pain and inability to move. It is likely your pet has already received traditional treatments such as pain medications or joint protectants. These can be very helpful and can actually make rehab easier for your dog, but rehab therapy addresses the underlying problems and uses the body's movements to help it heal.

Rehab therapy can help dogs recovering from surgery, such as knee stabilization from cruciate ligament tears, and also can help dogs with chronic conditions such as arthritis or tendinitis.

Our goals are to:

- Strengthen muscles and tendons
- Increase a joint's range of motion
- Reduce pain and swelling
- Make surgical recoveries faster

*Inside you will find examples of conditions we treat with our rehabilitation program.*

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#### HOURS

Monday and Tuesday  
8am - 7pm

Wednesday, Thursday and Friday  
8am - 6pm

Saturday  
8am - 12pm

Sunday closed



**Wheatland**  
ANIMAL+HOSPITAL



# Wheatland Center for Rehabilitation Therapy

**Dr. Christopher Dupuis**  
DVM, CCRP



**W**e will take approximately 30 minutes to complete a pre-rehab exam, similar to your human physical therapist. Each dog's plan will be tailored using the following assessments:

- Range of motion
- Thigh girth—an indication of limb use
- Observation of gait, walking and trotting
- Neurologic exam: We test your dog's reflexes and perform tests such as conscious proprioception
- Orthopedic exam: We flex and extend all joints, palpate bones and joints, and identify areas of pain

Rehabilitation Therapy can enhance the results of surgery and offer other benefits through the use of the following modalities:

**Massage and Ultrasound:** Ultrasound facilitates deep tissue warming, which will be followed by massage and stretching to improve range of motion. This is particularly important in dogs with muscle contractures secondary to trauma.

**Cold therapy:** Used for swelling and pain control.

**Physical exercises:** Cavaletti rails, foam step-up pads, therapy balls and discs, weight shifting and joint flexing exercises are examples.

**Therapeutic laser:** Laser reduces pain and promotes healing in joints and skin wounds.

**Underwater hydrotherapy:** Water has many properties which facilitate recoveries. The buoyancy allows dogs to walk without bearing all of their weight and the resistance of the water promotes better form and fuller flexion and extension during recoveries.

**Electrical Stimulation:** This is mainly used to promote muscle contractions in areas where the dog isn't able to use the limb yet.

**Stem Cell Therapy and Platelet-Rich Plasma (PRP):** Novel therapies which help regenerate tissue and reduce pain.

Rehabilitation therapy generally begins immediately after surgery. Underwater treadmill sessions begin 7-14 days post-surgery. If you plan to bring your dog for therapy, it is important to begin as early as possible in order to maximize the benefits.

# Who is a good candidate for rehabilitation therapy?

**When dogs have surgeries such as cranial cruciate ligament (CCL) stabilization or fracture repairs...they typically have pain and swelling which require exercise restriction. Rehab therapy accelerates the reduction of pain and swelling immediately post-op through various methods, such as: massage, cold therapy, physical exercises, ultrasound and laser treatments. Rehab also allows us to return function and range of motion quickly. Another method of treatment uses our underwater treadmill. This allows dogs to safely return to activity quickly, as it facilitates proper walking motions (through the resistance of the water) without forcing them to bear the majority of their weight (through the buoyancy of the water). Other methods include dry land exercises such as walking through a system of low rails, promoting proper flexion of the joints. We also perform weight shifting exercises which teach the peripheral nerves how to work properly again.**



**Many dogs have osteoarthritis (OA)... usually a result of a previous injury or joint instability (such as dysplasia or a ruptured CCL). These dogs not only have pain in their joints, they also have reduced strength of muscles, tendons, and ligaments, as well as diminished range of motion. All of this contributes to a lack of mobility. Besides traditional pain medications, rehab offers a variety of ways to reduce pain in their joints. A properly selected combination of rehabilitation therapy leads to great improvements for dogs with osteoarthritis.**

**There are a variety of neurologic conditions which are very responsive to rehab therapy... although each neurologic condition requires unique treatments, neurologic patients generally have weakness and lack of ability to use limbs can be painful, and many get worse. Our goals are to increase strength and ability to use their limbs, regain stability, and facilitate regeneration of nerves.**

- One condition benefitting from rehab is degenerative myelopathy (DM). DM is a progressive disease, causing inability to use the rear limbs. Rehab uses the underwater treadmill, laser treatments, and electrical stimulation to build strength and reattach nerves to work.
- Many dogs also have intervertebral disc disease (IVDD), some requiring surgical decompression of the spinal canal, and some requiring non-surgical treatments. Rehab uses exercises such as weight shifting and exercise balls to reattach proprioception. We also use electrical stimulation to build muscle mass and laser treatments to facilitate nerve tissue.

