

## ANIMAL PAIN MANAGEMENT CENTER

### Therapists' Training

Stephanie is a licensed veterinary technician and Certified Canine Rehabilitation Practitioner (CCRP). She completed her training through the University of Tennessee's program.

Dr. Stein is a Certified Canine Rehabilitation Therapist (CCRT). He completed his PRT training through the Canine Rehabilitation Institute. They both received hands-on training from specialized veterinarians and physical therapists.



### Physical Rehabilitation Therapy



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# Physical Rehabilitation Therapy (PRT)

Anyone who has had an injury or surgery knows how important a role physical therapy can play in recovery and timely return to function. This is the same concept for our dog and cat companions. Physical rehabilitation therapy can help pets with a variety of conditions including:

- Before and after orthopedic surgery and injury including:
  - Fracture repair
  - Cruciate ligament rupture surgical repair and non-surgical management
  - Hip, knee and elbow surgery
  - Congenital condition repair
  - Osteoarthritis
  - Neurologic conditions including:
    - Degenerative myelopathy
    - Intervertebral disc disease

## How does it work?

PRT modalities are used to increase strength, balance and flexibility. It doesn't take long after an injury or surgery for muscles to atrophy and for joints to become stiff. Working on activities to maintain and improve balance can help reduce the potential for injuring another part of the body. Through PRT both at the hospital and at home, these key aspects can be improved for a quicker return to function and to maintain a good quality of life. Most patients don't mind their PRT visits. Modalities used are tailored to the individual. Generally, patients visit the hospital for PRT 1-2 times weekly for 2-4 weeks, then less often depending on the condition and progress.



## Modalities Available:

- Therapeutic exercises may include:
  - Range of motion and stretching
  - Balance work with physiotracks and balls
  - Theraband resistance exercises
  - Cavaletti rails
  - Land treadmill
  - Underwater treadmill
  - Massage
  - Low level laser therapy
  - Energy is used to stimulate tissues to promote healing and decrease pain/inflammation
- Therapeutic whirlpool with electrical stimulation TENS/NMES may be used to help control pain and reduce muscle atrophy
- Ultrasound for deep tissue heating and stretching
- Regenerative Stem Cell Therapy

