



**At TAH we strive to help you and your pet live a long, healthy, and pain-free life together. It does, however, sometimes happen that a pet develops a medical condition, has surgery, or becomes injured, making movement difficult and painful.**

TAH's in-house Physical Rehabilitation Clinic at TAH Bellville forms part of the TAH patient's healing process as we try to ensure the optimal recovery of your pet through treatments such as a state-of-the-art underwater treadmill and laser facility at the clinic.

Our Rehabilitation Clinic works closely with the veterinarians on some of our injured and healing patients to facilitate the healing process and the best quality of life for the longest possible time.

The Clinic also aids in restoring the best possible function, whether your pet is an athlete living life in the fast lane or enjoys a more laid-back lifestyle.



#### WHICH PETS NEED REHABILITATION?

Whether the aches and pains are from tendonitis or arthritis, a pinched nerve or surgery, the TAH Physical Rehabilitation Clinic can help to get your pet back on his or her paws. Rehabilitation can also be very beneficial in cases like:

- Pets recovering from surgery (fracture repairs/cruciate ligament repairs, hip surgery/patellar luxation operations) need adequate aftercare, like physiotherapy and other related services.



# ANIMAL REHABILITATION CENTRE



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- Obesity in dogs is dangerous for their health, as the extra weight can place an unhealthy amount of pressure on the spine and limbs.

Besides these, many canines have latent issues that affect joints and spinal health and the right kind of physical rehabilitation can be beneficial to patients that suffer from:

- Disc disease.
- Fibrocartilagenous embolism.
- Degenerative myelopathy.
- Spondylosis.
- Hip and elbow dysplasia.
- Osteoarthritis (OA) / Degenerative joint disease.
- General osteoarthritis.
- Hip dislocation.
- Osteochondritis dissecans.
- Bicipital tenosynovitis.
- Cranial cruciate ligament disease and ruptures.
- Patella luxation.
- Legg-Calve-Perthes syndrome.
- Disc prolapse.
- Lumbosacral disease.
- Cauda equina syndrome.
- Polyradiculoneuritis.
- Brachial plexus damage.
- Radial nerve damage.
- Joint sprains and strains.
- Muscle tears.
- Muscle weakness.
- Muscular contractions.
- Post-operative fracture repair rehabilitation.

Since physical rehabilitation improves strength and fitness, it is often used for animals that are in good health such as working dogs and canine athletes.

Physical rehabilitation can also assist growing puppies with developmental skills



## HOW WOULD YOU KNOW YOUR PET NEEDS REHABILITATION?

Pet owners should always be aware of changes in their pet's behaviour. Signs of injury or pain can be very subtle in certain highly driven or stoic patients and therefore can sometimes go unnoticed until it is unbearable for your pet.

Constant howling may be a sign of pain, but more subtle signs can include reluctance to do a certain activity that they always used to do, moving differently, not wanting to jump, starting to turn back home on walks or simply shifting their weight off a certain limb in stance.

Pet owners should also be cautious of changes in activity levels and eating habits. Old age can be a major factor, but it may also be a health condition. Things associated with old age such as joint degeneration, muscle wastage, and postural changes can be seen to improve with physical rehabilitation. Other signs that indicate your dog needs a visit to your veterinarian and rehabilitation centre include:

- Excessive panting or drooling.
- Restlessness or anxiety.
- Trouble walking.
- Refusing to move.
- Anger or lashing out when touched.
- Slow responses.



## BENEFITS OF PHYSICAL REHABILITATION

- Improves your pet's quality of life.
- Speeds up recovery and improves strength.
- Reduces pain, inflammation, and swelling.
- Improves function, mobility, and range of movement.
- Decreases muscle tension and spasms.
- Improves balance and coordination after a spinal injury.
- Increases endurance and performance.



- Improves flexibility, for example for stiff joints or a stiff back.
- Aids in weight loss.
- Improves circulation.
- Allows your pet to retain their independence.
- Assists in reducing the need for pain medication.
- Prevents or lessens the chance of future problems.
- Provides a positive psychological stimulus and strengthens bond between the pet and its owner.

- Cavaletti rails can be placed on various heights, depending on the size and condition of the pet. The patient walks over these rails, to help increase joint range of motion, bringing about proprioceptive awareness and improve balance and coordination.

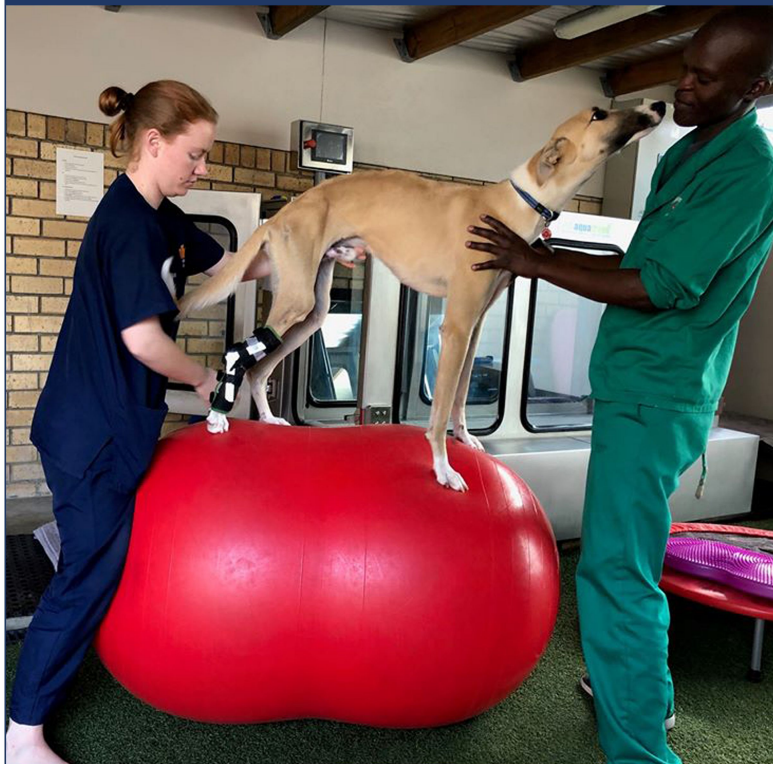


- Cones are used for weaving and serpentine patterns. It stretches and strengthens the spine and assist in bringing about proprioceptive awareness, gait training, and spinal flexibility.
- The land treadmill is great for safe, controlled gait training and strengthening. The treadmill can also be set at a specific incline/decline and speed to specifically target the problem area or gait issue.

 **TAH'S PHYSICAL REHABILITATION SERVICES**

The needs of each patient are assessed before any treatment commences. After this initial evaluation and assessment, a range of treatments and programmes may be prescribed, with the help of our top-class veterinarians.

We perform orthopaedic as well as spinal surgery at TAH Bellville and our Physical Rehabilitation Clinic team can support the postoperative patients from the moment they leave theatre. Basic postoperative care like placing ice packs over surgical sites, as well as Class IVb laser therapy and kinesiotaping largely reduces the pain and inflammation after surgery.



**Bodywork**

We use a combination of massage therapy and soft tissue techniques which are backed with scientific research.

These massage-like techniques help to remove blockages along the meridians of the body to stimulate blood flow, relieve pain and promote healing.

Other therapies also include joint mobilisations, passive joint movements, stretches and hands-on assisted exercises.

**Physical Exercises**

Physical exercises are done to actively help to increase joint range of motion, strengthen muscles, assist with gait training, improve balance and promote proprioceptive awareness.

Generally, we put pets through some active assisted exercises and active exercises by using the following equipment:

**The Peanut Ball**

The peanut ball is a peanut-shaped therapeutic ball, which can assist in strengthening a patient's core and stabiliser muscles, by activating and challenging the patient's balance.

A strong core is essential to a healthy body, as strong abdominal and postural muscles groups support the spine and limbs adequately to encourage an optimally functioning skeletal system. We use a large peanut-shaped ball that is big enough for even large breed dog to stand on.



### The Balance Board

Like the peanut ball, the balance board challenges the patient's balance and strengthens the core and stabiliser muscles, just lower to the ground and in a more stable way – and is more comfortable for the anxious or giant breed patients. It targets all the small muscles and ligaments in the joints, resulting in increased awareness in the dog's body without impacting the joints.



### Laser Therapy

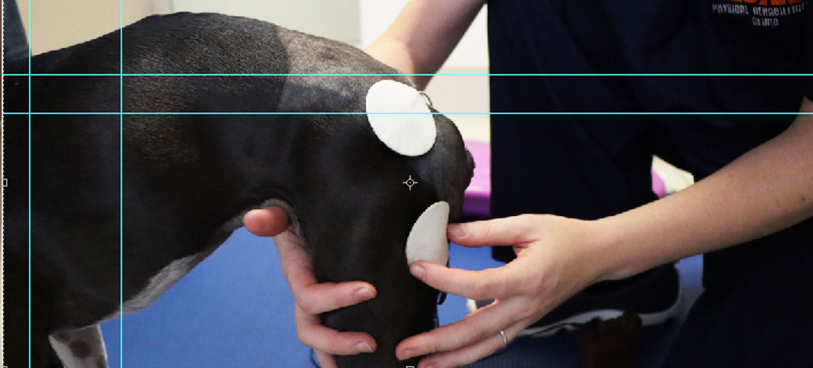
We can also administer laser therapy which is an excellent modality to use for pain control. When the time is right, we perform gentle passive therapy and soft tissue techniques to help restore normal movement, function and reduce pain.

The Class IV therapeutic laser emits up to 12 Watts of power with a wavelength of 980nm (currently is the strongest therapeutic laser on the market), enabling the operator to heal with the power of light in the shortest possible time.

The laser light penetrates deeply into the tissue and is absorbed on a cellular level into the mitochondria (cell's energy centre). This elevation of energy within the cell leads to a wide variety of reactions by speeding up the metabolism of the cell, which leads to an immense amount of benefits, just to name a few:

- Decrease pain by stimulating certain pain receptors.
- Stimulates an endorphin release.
- Causes vasodilation, thus decreasing oedema and speeds up the removal of waste products.
- It is non-invasive.

The body will heal itself to the best of its ability naturally and laser therapy enhances and improves the healing process.

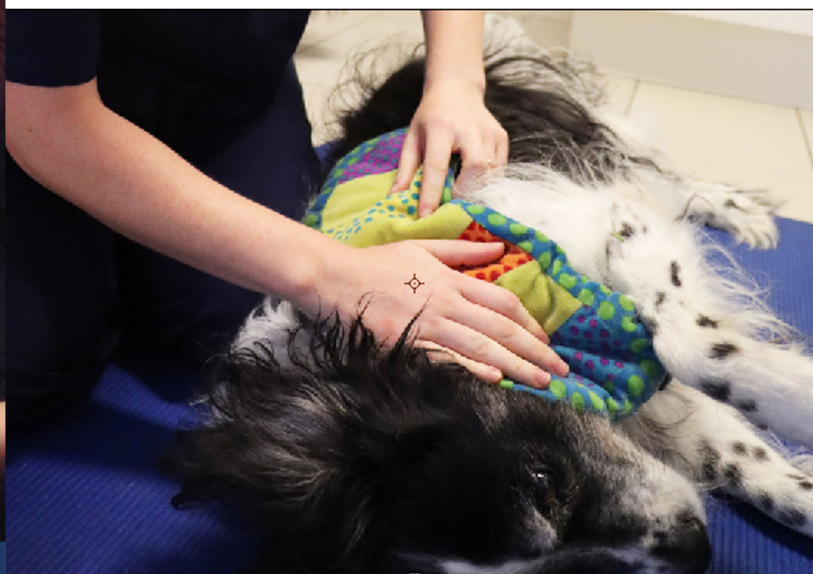


### Electrical stimulation (ESTIM)

ESTIM is used for pain control and neuromuscular electrical stimulation.

Pain control is done with TENS (Transcutaneous Electrical Nerve Stimulation), which sends out a tingling-like sensation working on the sensory nerves, decreasing pain perception, improving circulation and tissue repair and reducing oedema.

NMES (Neuromuscular electrical stimulation) is used for muscle stimulation, education, conditioning, and strengthening to help limit muscular atrophy and aid in the rebuilding of muscle mass.



### Thermal Therapy

Thermal therapy is the use of a heat pack or cold pack for therapeutic purposes. These packs are wonderful to use on muscles and joints that are painful and stiff, often due to arthritis or injury.

Cold packs are ideal on hot, painful, inflamed areas to numb the pain and cause vasoconstriction to reduce bleeding and help bring down swelling. Both hot and cold packing can be used in conjunction with laser therapy.

### Underwater Treadmill

The underwater treadmill is a highly advanced piece of equipment that allows the rehabilitation patient to walk on a treadmill belt while partially submerged in warm water to a level that suits their specific needs.

Water therapy holds many amazing benefits, including that the buoyancy of the water takes most of the weight off your pet's painful joints, enabling your pet to engage in active movement with more comfort.

This is especially beneficial to the older, more arthritic patients that battle to carry their full weight while exercising.

It is also incredibly beneficial to dogs that are overweight and battle to exercise sufficiently without harming their already overloaded joints.

Walking against the water provides resistance, which helps to target specific muscles and joints, depending on the water level. Another great benefit of walking on a treadmill belt, compared to just walking on a normal surface is that the belt actively pulls the joints into greater extension and thereby increasing range of motion.

After orthopaedic surgeries our patients often battle with decreased range of motion in those specific joints and extension is decreased. The underwater treadmill is the perfect and most comfortable way to help these patients return to an optimally functioning gait.

The water in the treadmill is strictly monitored for cleanliness and temperature. In the winter we usually keep the temperature between 28-30°C. The warm water aids in the heating and relaxation of stiff, painful muscles and joints.



### Other Equipment

We are also able to supply clients and patients with the necessary equipment and products from Holistic Vet to better assist their healing process or lifestyle management. We can order a wide variety of joint supports and boots for protection, and we have walking/body harnesses and socks for traction in stock. We are also able to point you in the right direction if you should wish to purchase a wheelchair for a paralysed patient with a poor mobility prognosis.



### APPOINTMENTS

The physical rehabilitation service is offered within the normal working hours of TAH Bellville, from Monday to Friday 10:00-18:30.

Referrals must book an initial assessment appointment with our therapist. Ideally, first-time patients need to be accompanied by their owners so we can take down a detailed history. Owners must bring along or email radiographs, if possible, and a referral letter, if applicable, to us. We work on an appointment basis only and we offer our clients a variety of rehab packages to suit their needs. If you are not already a TAH client, please come 15 minutes earlier to register with the staff at reception.

The initial assessment can be 1 hour to 1 hour 30 minutes, depending on the size and temperament of your dog. Follow-up visits are generally between 30 and 60 minutes, depending on what treatments are done.

We treat any small animal, so all breeds/species are welcome. Read through our Terms and Conditions form carefully, sign and bring to your first appointment.



### PRICING

Initial Evaluation:	R599.25
Initial Evaluation & Laser:	R723.45
Initial Evaluation (post operation):	R539.30
Initial Evaluation (post operation) & Laser:	R651.15



### REHABILITATION PACKAGES

Rehabilitation Packages	Single Treatments	Laser Therapy
Rehab Package 6 Sessions R2411.65 Excludes laser therapy	Single Rehab Session R439.70	Maintenance Package R950.05
Rehab & Laser R2996.35 6 Sessions	Rehab & Laser R568.40 Single Session	Single Laser R230.75
Water Treadmill R1900 6 sessions	Water Treadmill R409.20 Single Session	



### OUR THERAPIST

Zandri Basson's passion for helping animals prompted her career in animal physiotherapy. After working at Journey's End Stables in Sir Lowry's Pass, she started her correspondence diploma at the College of Animal Physiotherapy in 2014. She gained valuable experience at the Pet Rehab Clinic in Table View and thereafter joined the team at the TAH Physical Rehabilitation Clinic. Zandri completed her diploma course at the beginning of 2017.

