

**Physical Rehab involves owner education, evaluation, and treatment intervention. The first session includes a history taking and performing a variety of tests to measure and assess the orthopedic and/or neurological functioning of the canine.**

**Canine Rehabilitation Practitioners evaluate the following: muscle strength, flexibility, joint stiffness or laxity, cognition, neurological/orthopedic functioning, locomotion/gait, sensory and position sense level, balance, postural control, reflexes, endurance/aerobic capacity, environmental barriers at home, circulation/swelling, pain assessment, and need for splinting or bracing for stabilization of a limb.**

**After an evaluation is completed, a therapeutic regimen is designed specific to your canine. Specific components of rehab that could be included in the treatment plan are:**

- **Manual therapy**
- **Therapeutic Exercise**
- **Neuromuscular re-education**
- **Functional Training**
- **Owner education and home care instruction**
- **Fittings for carts, splints, braces, and Orthotics**
- **Massage**
- **Joint mobilization or stabilization exercise**
- **Electrical Stimulation**
- **Hydrotherapy**
- **Treadmill**
- **Therapeutic Ultrasound**
- **Gait Training**

## **Cheri Kollman, BSPT, CCRP**

- Bachelors of Science in Physical Therapy from California State University Northridge
- Certificate in Physical Therapy UCLA Hospital and Rehab Center, 1979.
- Certified Canine Rehabilitation Practitioner\* 2004, University of Tennessee College of Veterinarian Medicine
- 28 years experience in the field of human physical therapy in a variety of settings including acute care, long term rehab, home care, including past 5 years specialization in orthopedic/sports medicine rehab.
- Past involvement in Canine Companion program in California.
- Internship at Alameda East Veterinary Hospital in Denver, Co which is often seen on the Discovery Channel.

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\*Certification Program in Canine Rehabilitation:

The University of Tennessee in cooperation with Northeast Seminars offers the Small Animal Rehabilitation Practitioner Certificate Program. Their program meets the needs of the veterinarian, veterinary technician, physical therapist, and physical therapist assistant. The curriculum is designed to meet the high standards of a University Of Tennessee certificate program. The University of Tennessee College of Veterinary Medicine, and the University of Tennessee at Chattanooga, Department of Physical therapy is cooperatively overseeing the curriculum. The program has separate curricula for veterinary and physical therapy professionals (some courses will be taught together and some separately) to better meet the needs of the participants.

*Canines are accepted for rehab after receiving a referral from their Veterinarian.*



**SIRIUS** therapeutics  
*canine rehabilitation*

- **General Rehab and Sports Medicine**
  - **Lameness Evaluation**
  - **Fitness Evaluation**
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My CCRP training assists me in assessing the canines' quality of motion during transitional movements. These transitional motions include:

- 1 lying down (recumbent) to sitting
- 2 To/from Sit/Stand
- 3 Sitting/Standing posture
- 4 Gait

## Specific Equipment Used in Canine Rehab to Improve Function:

### *Decrease pain and swelling:*

Electrical stimulation. Therapeutic Ultrasound. Cold or Heat as appropriate. Massage.

### *Improve mobility:*

Range of Motion, Joint Mobilization, Heat, Water, and manual soft tissue mobilization.

### *Improve stability/balance:*

Specific neurological exercises in different positions such as sitting/standing. Use of therapy balls and manual therapy techniques.

### *Improve coordination:*

Coordination exercise using equipment such as cones, rails, A frames.

### *Improving skill as it applies to canine sports:*

Agility equipment and plyometric exercise to transfer skill to sports/agility trials.

### *Improve strength:*

Weights, Theraband, and other forms of resistive exercise i.e. pulling weights etc.

### *Improve endurance:*

Treadmill.

## Rehabilitation Indications

- Post surgical recovery
- Orthopedic surgeries
- Neurological spinal and brain injury
- Muscle injuries
- Back/Disc problems
- Gait Abnormalities i.e. Lameness, Changes in quality of movement
- Joint injury, contractures/arthritis
- Pain management
- Arthritis
- Geriatric support care
- Hip and elbow dysplasia;conservative care
- Degenerative joint disease
- Knee/stifle surgery
- Hip surgery
- Arthrodesis
- Fracture repair
- Bicipital tendon release
- Amputation
- Trauma
- Patellar luxation
- Ligament/tendon repair
- Tendonitis
- Athletic injuries

## Neurological Specific

- Fibrocartilagenous embolism (FCE)
- Degenerative myelopathy (DM)
- Back/neck pain
- Hemilaminectomy/laminectomy
- Loss of motor control
- Balance/vestibular disorders
- Peripheral nerve injuries
- Paralysis
- Wobblers disease

## Benefits of Rehab

- Improved recovery from injury or surgery
- Increased performance, speed, and quality of movement
- Improved strength and endurance
- Minimizes secondary trauma side effects of injury or surgery
- Noninvasive approach
- Improved biomechanics and flexibility
- Prevent future injury through owner/trainer education
- Weight reduction for deconditioned or obese dogs
- Reduced pain and accelerated healing of injured tissue
- Maintain/restore range of motion and muscle mass
- Strengthening and conditioning
- Improved quality of life
- Positive psychological effects for pet and owner