

Animal Rehabilitation Center

Dr. Mark Ledyard, CCRP & Dr. Beth Rhyne, CCRP, CVPP
178 South Charlotte St. * Asheville, NC 28801
Business: 828-232-0440, Fax: 828-253-5640



Physical Rehabilitation Post-Op Orthopedic Rehab & Recommended Schedule

- Ultimate Goals of Rehab:
 1. Decrease pain, swelling, and compensatory issues.
 2. Return to normal activity in an appropriate time line.
 3. Prevent muscle atrophy and decrease future arthritis.

In Clinic Rehabilitation options and Home Rehab, Chiropractic, and Acupuncture options will be discussed during the Rehab Recheck appointment (complimentary) with Dr. Rhyne or Dr. Ledyard in one week. Frequency of rehab visits is generally decreased as improvements are made.

Goniometry (joint range of motion- flexion and extension) will be measured on the first day of In Clinic Rehab if pursued, as well as the starting muscle girth, pain score, lameness score, and neurologic deficits.

Rechecks recommended:

- 1 week post surgery with Dr Rhyne or Dr Ledyard (rehab recheck, no charge)
- 2 week post surgery with Dr Ledyard (surgery site recheck, no charge)
- 6-8 week post-surgery with Dr Rhyne or Dr Ledyard for recheck x-ray (TTA surgery only)
- 9-12 week post surgery with Dr Rhyne or Dr Ledyard for recheck/final x-ray (TTA surgery only)

It may take 1-2 weeks to see improvements from physical rehabilitation.

With In Clinic Rehab, assessments are made at least every 2-4 weeks to determine progress and adjust the specific exercises and duration of each. This is determined by a combination of client feedback, patient comfort, gait and pain assessments, goniometry (range of motion measurements) and muscle girth.

Home Exercises to begin (generally will change at the rehab recheck and as improvements are made):

1. Ice: 10 to 15 minutes, 2-3 times/day around site (avoid incision with TTA repair).
2. Massage: 10-20 minutes, 1-2 times/day, affected leg and lower spine.
3. Passive Range of Motion (PROM): 10-15 reps, slow, 2-3 times/day, all joints of affected leg (or opposite side leg in cases of amputation).

Do all of the above daily for the next week.

See following page for instructions on how to perform these exercises.

Home Exercises

Ice/Cold Therapy

This helps reduce inflammation and decrease pain.

How: Use a bag of frozen vegetables or ice packs with a moist towel between it and the skin (either sore area or incision). Leave on for as long as directed (usually about 10 min). Monitor for excess redness, bumps or discomfort, as some animals are sensitive to cold. Many animals will object for the first minute or so- try using distractions such as treats or petting to allow the area to numb from the cold. If there are any metal implants, avoid cold directly over them. In general this method is done in first few weeks after surgery, or after a day of activity/exercises where swelling needs to be decreased (like with arthritic joints).

Massage

This helps decrease pain, increase blood flow for healing, and remove edema to decrease swelling.

How: The pet must be relaxed to begin massage, often with one person to keep lying down, another person to massage. Try to have affected side up. Begin with long strokes, going in the direction of the fur, from the neck, down the back, as well as down the legs. This is similar to slightly firm, gentle petting, and works to relax the body and prepare for more tissue work. Next you can use a variety of techniques- including kneading, rubbing, circular pressure, and percussion-generally light and then increase to deep pressure. Use both hands, but alternate their motions. (i.e., one hand rubs or kneads, while the other hand is in the process of relaxing and opening, and then alternate). This can be used for the entire body, but concentrate on the affected leg, avoiding any incisions directly. With any affected or sore leg, begin at the foot and move slowly up towards the body.

Passive Range of Motion (see our website-[www.animalrehabcenterofasheville](http://www.animalrehabcenterofasheville.com) or our facebook page link)

Hind Leg: <http://www.youtube.com/watch?v=flv3cnJZspM&feature=youtu.be>

Front Leg: <http://www.youtube.com/watch?v=DMI8tYtaAw0>

This improves flexibility, guides appropriate healing, and helps decrease pain.

How: With the animal laying on its side (with working side up) and leg supported at a level plane to the body, begin at the foot, and gently move joint by flexing and extending (closed angle, open angle) until reaching the “end point” -which is at first indication of mild discomfort- and hold for a few seconds in each direction. Try to hold close to the joint, keeping the hand closest to the body still, and using the hand on the other side of the joint (further away from the body) to do the movements. After recommended number of times, then go to next joint up the body, and repeat again until all affected joints are addressed. (For rear leg-toes, ankle, knee, and hip).