



Physical Therapy

Ashland Veterinary Clinic

Country Roads Veterinary Services Inc.

When is PT Beneficial?

- Cruciate Ligament surgery
- Luxating patella surgery
- Chronic Arthritis
- Disc disease
- Back (disc) surgery
- Neurologic disease
- Weight management
- Fracture repair surgery.
- Muscular disease
- Muscle trauma recovery
- Incoordination

Physical Rehabilitation Activities

Physical therapy (PT) is a valuable tool that is often under utilized. Physical therapy will lead post surgery patients to a quick and less painful recovery. Physical therapy can also greatly benefit chronic arthritis patients, pets that struggle with disc disease, neurologic disease, and even overweight pets. There are many PT exercises with numerous benefits.

1. Physioball : Provides controlled movement up and down as well as forward and backwards. This exercise improves movement, balance, flexibility, as well as muscle strength.

2. Whobble Board: This Activity improves balance and coordination, as well as ankle and knee range of motion. Whobble boards

7. Cold / Warm contrast: Ice and heat can be used before and following PT to help decrease inflammation as well as aid in flexibility and range of motion.

8. Goniometer : This device measures range of motion in a joint. These measurements are taken periodically during a PT program to determine progress in a joint's range of motion. This is very beneficial for post surgery and chronic arthritis patients.



Cavaletti Rails

are useful after pets have had surgery on their legs, knees, hips, backs, shoulders, and elbows. They are also very helpful in cases of neurologic disease.

3. Carts and slings: used mostly for neurologic patients. They supply support while the pet's

9. Ooliometer: This device measures muscle size. It can be used to evaluate increases in strength over a period of time.

Many of these PT activities can be used as cardiovascular exercise for overweight and obese pets.

When your pet is faced with a recovery period for whatever the cause may be, keep PT in mind to help speed up the recovery time, and decrease the discomfort.

range of motion is exercised.

4. Cavaletti Rails: Aid in range of motion, stride length, proprioception, and flexibility. These are most beneficial for post surgery and arthritis patients. Height of the rails can be adjusted as a pet's range of motion improves.

5. "A" Frames: Are an excellent tool to improve extension and flexion in the rear legs as well as increase weight bearing in the front legs.

6. Padded floor exercises: There are many exercises that are performed on a padded floor that help with strength as well as flexibility and balance. Many of these are specific stretches and resistance exercises.



If you are interested in enrolling your pet in a physical therapy program, or would like more information on our physical therapy program please ask!

Physical Therapy

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop

and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're fin-

ished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed

internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Toshiba

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

We're on the Web!

example.com



Caption describing picture or graphic.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your

organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good

place to insert a clip art image or some other graphic.