

Rehabilitation and Fitness

All veterinary patients benefit from rehabilitation. However, substantial benefits may be gained with rehabilitation of animals with the following conditions:

- Post orthopedic surgery
- Post neurologic surgery
- Obesity
- Chronic Arthritis
- Non-operable orthopedic conditions (conditions in which surgery may be avoided or delayed, such as Spinal Disease, early partial Cruciate Ligament rupture, hip dysplasia and elbow dysplasia)
- Post amputation
- Muscle wasting (Cushings disease, chemotherapy, etc.)
- Geriatric animals
- Canine athletes

What will veterinary rehabilitation therapy entail?

The first and most important part of rehab is establishment of a complete diagnosis. Often, animals with an obvious (or not so obvious) injury in one limb will develop compensatory changes in the rest of the body. A thorough clinical examination by one of our veterinarians is necessary to address all musculoskeletal abnormalities. Serial examinations will be performed at regular intervals to assess the effects of therapy and changes in the body.

Based on the results of the examination and patient history, an individualized treatment plan will be developed for each veterinary patient.

Patients will be scheduled for sessions throughout the week. Sessions may be recommended up to 3 times/ week.

Our rehabilitation and hydrotherapy program is managed by one of our qualified veterinary nurses:
Ilze Mostert

Rehabilitation

Like human physiotherapy, animal rehabilitation uses techniques to increase function and mobility of joints and muscles. It has been proven to maximize the overall physical recovery of small animal patients

What types of rehabilitation are there?

- cryotherapy – the application of cold packs
- thermotherapy – the application of heat packs
- a passive range of motion and stretching
- controlled exercises
- Hydrotherapy.

What are the advantages of rehabilitation?

- reduced pain
- increased function and mobility of joints
- Enhanced and earlier recovery from surgery and injury.

Hydrotherapy

Hydrotherapy is rehabilitation in water. The natural buoyancy of the water takes strain off the joints and gives animals confidence to move their limbs in a full range of motion.

What are the advantages of hydrotherapy?

- reduced strain on joints
- reduced pain, swelling and stiffness
- improved range of movement of joints
- improved circulation
- improved cardiovascular fitness
- improved tissue healing
- increased speed of recovery
- weight loss.

We strongly recommend hydrotherapy as part of your pet's rehabilitation program and have seen many successful outcomes.

We offer a wide range of scheduled packages at a reduced rate. Please feel free to contact Sister Ilze Mostert for an appointment.

Let us help you to improve the quality of life of your furry friend.