

## **Methods Used in Integrative Medicine**

The following is a list of methods offered by NSFP. The Rehab Practitioner will determine a treatment plan that is best for your pet. The cost for a rehab evaluation is \$125 which includes the first treatment of any one of these methods: Laser Therapy, Assisi Loop, Therapeutic Massage, and Therapeutic exercises. Rehab evaluation appointments are 60 minutes.

For the health and safety of all our patients, your pet will not be asked to exercise if they are sore, recovering from a painful episode, or ill. Please notify your pet's doctor/technician if they are exhibiting any of these symptoms or if you have any concerns about your pet's condition.

## **Benefits of Rehabilitation**

- Improves function & quality of movement
- Reduces pain, swelling, and possible complications.
- Speeds up recovery
- Strengthens range of motion, endurance, and performance
- Non-invasive
- Improved and prolonged quality of life
- Prevents other injuries
- Decreases need for non-steroidal anti-inflammatory drugs
- Improves or preserves muscle, nerve, and joint function

## **Our Goals**

- Alleviate your pet's pain
- Reduce any inflammation
- Increased attention to
  - Musculoskeletal conditions
  - Preserve and improve joint function without surgical intervention
  - Eliminate secondary issues like weight gain or worsening joint function
- Prevent or minimize atrophy
- Increase their joint function and range of motion
- Improve your pet's mobility through strengthening and stretching

### **Laser Therapy/ Photo biomodulation**

Laser light therapy is known to accelerate tissue repair and cell growth of skin, tendons, ligaments, and muscles. It increases blood circulation to the areas that are being treated, helps relieve pain from soft-tissue and joint injuries, as well as decreases inflammation to those areas. Other benefits of Laser Therapy are to relieve stiffness associated with arthritis, relaxes muscle spasms, faster wound healing, and increased nerve function. Low level laser therapy is noninvasive and there are no reported side effects.

### **Therapeutic Exercises**

Passive range of motion, assisted exercises, and active exercises are performed to help your pet maintain and/or improve joint mobility. Therapeutic Exercises can improve flexibility of muscles, tendons, and ligaments. The goal of these exercises is to re-develop muscle mass and regain strength and function of the limbs.

### **Therapeutic Massage**

Therapeutic massage is a series of manual techniques used to improve your pet's joint/muscle mobility and overall comfort. By increasing blood circulation, massage therapy helps decrease pain, muscle spasms or tension, and improves overall muscle flexibility. Therapeutic massages can also improve soreness from compensatory issues.

### **Acupuncture**

Acupuncture produces a physiological response by stimulating certain points on your pet's body that can decrease muscle spasm, pain, and improve circulation. It can benefit musculoskeletal, neurological, gastrointestinal and many other acute and chronic conditions. Acupuncture is often used in conjunction with other therapies offered at NSFP.

### **Assisi Loop**

The Assisi Loop can be utilized as a treatment in hospital and/or a client's own loop can be purchased from our online pharmacy for at home use. The Assisi Loop is a 15-minute session that uses pulsed electromagnetic field (PEMF) therapy that accelerates tissue repair and cell growth of skin, tendons, ligaments, and muscles. The benefits of PEMF include faster wound healing, increased nerve function, and decreased inflammation. PEMF is noninvasive and there are no reported side effects.

## Package Guidelines

- Packages are based on the therapist's evaluation of your pet. This evaluation will determine which package best suits your pet's rehabilitation needs.
- **All packages must be prepaid.**
- Package does not include any medications. If medication is needed, please allow 24 to 48 hours' notice for refills.
- We recommend scheduling out appointments in advance so you can reserve the days and times that work best for you.
- Appointments are recommended for a minimum of 2 days a week or 3 days a week for some patients.
- Rehabilitation therapist recommends a minimum of 6 weeks of treatment to achieve noticeable results. **A progress evaluation will be performed at the 6-week mark for \$75.**

### Rehabilitation Consultation

At your pet's rehabilitation consult, a full body evaluation of the joints, muscles, tendons, and ligaments are done to assess for pain, inflammation/edema, tender or tight areas and atrophy. Neurological deficits will also be evaluated as well as measurement of your pet's limb muscle mass and joints range of motion. All of this will help determine where the problem areas are and what type of treatments your pet will need.

### Progress Evaluation

The progress evaluation is typically performed around 6 weeks into therapy. Here we will assess for any improvement with pain and mobility. Recheck measurements will be taken of your pet's muscle mass, joint range of motion, and we'll reassess any problem areas. This evaluation will help decide if we should continue the treatment plan or if we need to modify the current plan.

Please do not hesitate to contact the Rehabilitation Department at [rehab@northshorefamilypet.com](mailto:rehab@northshorefamilypet.com) if you have any questions or concerns about your pet's condition or the modalities used. We strive to provide you and your pet with the best tools to accelerate their healing and recovery.

Call 847-564-1500 or email [rehab@northshorefamilypet.com](mailto:rehab@northshorefamilypet.com) to schedule an appointment.