

Therapy and Physical Care

Animal-Assisted Therapy

Animals can provide a source of unconditional love and protection. If you and your caree enjoy the company of animals, pet therapy is a great option. Although most therapy pets are dogs, other species such as cats, rabbits, guinea pigs, and horses are good candidates. These lovable pets are well trained, have good temperaments, and are people-friendly.

What is Animal-Assisted Therapy?

Animal-assisted therapy is an alternative or complementary type of therapy that involves animals as a form of treatment. It falls under the realm of Animal Assisted Interventions.

What are physical therapy treatments?

Animal-assisted therapy can help in decreasing loneliness and isolation, providing a companion, and lessening depression, which improves outlook on life. This reduces boredom and anxiety because of its calming effects.

Questions for the Doctor

A therapist might work with a person and a therapy animal, such as a dog, to improve his/her physical fitness. Dog grooming, walking, and even ball throwing can help with coordination, strength, and flexibility.

- Are you the Carer or the caree allergic to the perspective animal-assisted pet?
- Will having your animal-assisted pet of choice interfere with my health or treatment?
- Can this be covered by my insurance or are there other options for a cost-efficient service?

How can I get help and more information?

You should always consult your primary care physician for treatment options, however, you can also get started by visiting [VCA Hospitals](#). Here you will find information on how to get a pet, get a pet registered, and there are also some amazing deals on food and supplements.

