



Established 1985

Pain management

- ▶ Heat
- ▶ Cryotherapy
- ▶ Transcutaneous electrical nerve stimulation
- ▶ Class 3B laser
- ▶ Soft tissue techniques to address compensatory muscular tensions
- ▶ Muscle strengthening and core stability training



Physiotherapy for the Elderly Patient



- Hydrotherapy
- Proprioceptive and balance exercises
- Controlled exercise programme
- Maintain and enhance joint range of movement
- Gait re-education
- Owner education
 - Manual handling advice
 - Encourage regular gentle exercise
 - Use of supportive bedding, coats, ramps, splints/slings/supports

Research

Crook et al (2007) found that a home stretching regime for joint restriction increased the range by 7% to 23%.

Krstic et al (2010) found that TENS had the greatest effect on suppression of chronic pain in dogs with ankylosing spondylitis.

Laser has been found to be better than NSAIDs at reducing pain in humans (Chow et al 2009).

Kathmann et al (2006) found daily physiotherapy helped dogs with CDRM to remain ambulatory longer.