

Physiotherapy & Rehabilitation can help:

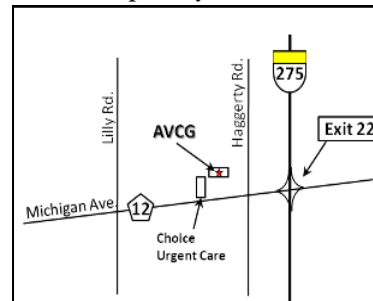
- *Improve surgical healing
- *Spinal cord injuries
- *Degenerative neurologic problems
- *Fracture and orthopedic repairs
- *Paralysis
- *Pain and arthritis
- *Herniated discs
- *Obesity and poor conditioning
- *Improve circulation
- *Increase muscle strength, flexibility and range of motion
- *Improve cardiovascular health
- *Reduce anxiety and stress
- *Muscular degeneration
- *Inflammation & swelling



Dr. Zinderman is passionate in preventing and alleviating animal suffering utilizing the techniques he has developed through his advanced training in canine rehabilitation medicine. These include manual therapy, spinal manipulation, myofascial trigger point release and other modalities.

This dedication has been channeled into the formation of Comfort Care Veterinary Services providing physical rehabilitation, pain management, hospice and home euthanasia services.

We often hear clients speak of their pet as “just getting old”. These are often signs of an underlying condition. Whether we need to treat a specific condition or your pet just needs a fitness, conditioning or weight loss program, a customized plan is developed for your pet. Your regular veterinarian is kept up to date on your pet’s progress as we work together to improve their quality of life.



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Physiotherapy & Rehabilitation



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Canine Rehabilitation

Our pets suffer from the same conditions that affect people. Physical rehabilitation is the practice of physical medicine to decrease pain and restore your pet's function to his or her previous level of fitness and activity. Dr. Zinderman is certified in rehabilitation medicine as well as pain management. He will develop and implement a treatment plan to strengthen muscles and joints, restore mobility and help your pet heal post operatively while focusing on reducing pain.

Evaluation

Prior to instituting a pain management and rehabilitation program, Dr. Zinderman will perform a full evaluation of your pet. This will include a complete history, medical records review, and physical exam with measurements of joint range of motion as well as muscle girth. This gives us a baseline and enables us to establish goals. A customized home treatment program will be given to you that is specific to your pet's needs.

Although a rehabilitation program can begin at any time, it is critical for most patients to begin rehabilitation as soon as possible after surgery. To aid in the quickest recovery this is typically started when sutures are removed. Of course, we can begin fitness training, weight loss clinics, arthritis treatments and neurological recovery at any time.

Hydrotherapy

Use of an underwater treadmill allows for early intervention and quicker recovery times for post-surgical procedures and other conditions as well. Often a pet that is injured or in pain may not be able to use a limb on land, but will use it in the water. The warm water increases flexibility, mobility and assists in pain reduction. The speed of the treadmill, the depth of the water and the length of the exercise session can all be controlled to allow for a progressive therapy plan. In addition, the underwater treadmill gives the therapist the ability to adjust up to 80% of the weight your pet will put on the area being treated.

Myofascial trigger points

Myofascia is the connective tissue covering all of the muscles of the body. Myofascial pain is caused by the body's response to an injury or excessive strain. The injury or strain may be at a distant location and the overuse of the affected area is a counterbalance mechanism.

Pain can often persist long after an injury has healed. Inserting an acupuncture needle into the contracted band of muscle will cause a twitch which releases this trigger point, giving immediate relief.

Laser Therapy

Laser therapy has been successfully used for people since 2001. Our dual wave therapy laser is utilized to help alleviate inflammation and pain while improving vascular activity and nerve function. Scar tissue formation is reduced while tissue healing is accelerated. This is all accomplished naturally by internal stimulation of the body cells.



Therapeutic Exercise

As with humans, therapeutic exercise is an important part of the recovery process. An exercise program is developed specifically for your pet and may include strengthening, stretching and weight shifting exercises to retrain your pet to walk properly and regain muscle mass. You will also learn how to perform massage and be given an at home exercise program. At home exercises improve the efficiency and effectiveness of physical rehabilitation, speeding the recovery process and reducing the cost to you.

