

Rehabilitation at **TERRA LINDA VETERINARY HOSPITAL**



Major Reasons for Rehabilitation:

- **Osteoarthritis**

Increased mobility, range of motion, decreased inflammation and need for medications

- **Obesity**

Weight loss programs can be designed for each individual

- **Hip Dysplasia**

Builds supporting muscle mass, increased mobility & comfort

- **Muscle Injuries**

Speeds healing, decreases inflammation, prevents scarring, restores normal functional length



A Simple Stretch You Can Do at Home: Cookie Stretch

Pet can be standing with all 4 feet on the ground or to make the exercise a bit more challenging with the fore feet on a step. Without stepping forward or backward or without stepping off of the step, have your pet reach forward for a special treat, allowing the spine and hips to stretch. Hold the stretch for a few seconds then lure the head to the left and right slowly with a treat. This exercise helps improve balance and flexibility and with the fore feet elevated it loads the hind legs, improving strength.

Good nutrition, maintaining a healthy body weight and age/breed appropriate exercise is the key to a long and injury-free life. Our canine certified rehabilitation practitioner (CCRP) designs diet and exercise plans that meet your pet's specific needs.

Contact us and schedule a consultation today!

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