



Canada's ONLY stand-alone rehab referral centre!



What's new at The Canine Fitness Centre Ltd?

DID YOU KNOW...

The Canine Fitness Centre (CFC) routinely takes interns from the Canine Rehabilitation Institute (www.caninerehabinstitute.com). This past year so far we have had about a dozen vets, techs, or physios shadow with us in order to earn their certification. Our interns have been so impressed with how much they learn from the therapists at CFC! Here's a testimonial...

"Just wanted to drop you and the rest of the staff a quick note to say thanks. I much prefer a hand written note, but obviously that isn't materializing, so I thought email was better than nothing.

I just wanted to thank you so much for the great experience I had at your office. I really learned a lot about different ways to approach the work up, it was wonderful being able to work with different people. Everyone was very supportive to my questions, which I know can get overwhelming at times! I can't express how much the rehab

education I received has changed the way I practice medicine."

Dr. Karla Scott,
Oro Medonte Veterinary Services,
Barrie, ON

Table of Contents	
Dentals & the TMJ	1
Meet our new therapist	2
Conservative CCL management	3
Lunch & Learn options	4
CFC stats	4

Dentals and the TMJ correlation:

New Idea...

In May, I saw 3 dogs all with temporomandibular joint (TMJ) issues subsequent to having a dental performed. I am a big believer that the universe gives you multiple 'similar' messages as a method to 'slap you upside the head' to take notice! So the correlation with TMJ dysfunction / pain and dentals was my 'slap'!

(continued on page 2)

Dentals and the TMJ con't...

The first little dog was a miniature poodle. She had just come back from a spending a few months showing in the USA – and the handler in the States had a dental performed on her about a week before she was sent back home. The caregiver on this end noticed a very 'different' dog, in that, she seemed sad or depressed, was not interested in food, and simply would not / could not eat any hard kibble. That little dog had the most painful (one-sided only) TMJ I have ever seen! Not only was she uncomfortable on palpation in and around the TMJ, but also when she opened her mouth, there was a click/clunk and the poor little thing would then press her head onto your lap or into the ground. One treatment with GENTLE TMJ mobilizations (lateral deviations, lateral glides, and rostral glides) and laser saw her much better by the next day. Two days later, when she returned for a follow up there were only mild pain responses, and that treatment yielded full functional improvement by the following day.

The next dog I saw was an older Sheltie that had 14 teeth extracted from his mouth 6 months earlier. The only thing the owner noticed was a reluctance to pick up his 'dumbbell' (i.e. for obedience and scent hurdle), and she noted that he even seemed to

Con't on page 3

Meet our new
therapist:



Welcome Donna LaRocque, BScPT, CAFCI, CCRT, CERT(c)

The Canine Fitness Centre would like to welcome and introduce Donna LaRocque:

Donna LaRocque graduated from the University of Alberta in 1979 with a Bachelor of Science in Physical Therapy and has worked continuously in the field of physiotherapy in Alberta since graduation. Donna's primary interest resides in the area of orthopaedics and chronic pain. This has led her to attend numerous post graduate courses and intensive training in orthopaedics, manual therapy, acupuncture and pain management over the last 30 years. Since 1985, Donna has been engaged in private practice physiotherapy in Alberta, both as clinic owner as well as a consultant physiotherapist. She has been heavily involved in the Canadian Physiotherapy Association's Private Practice Division, as well as the former Alberta Physiotherapy Association.

Donna became interested in rehabilitation for animals when her own animals sustained injuries and she experimented with applying human physiotherapy techniques to try to manage their pain. When the Canadian Horse and Animal Physical Therapists Association initiated talks with the Canadian Physiotherapy Association (CPA), Donna discovered that there was a career option for treating animals and she started taking courses in canine and equine rehabilitation in 2005. Donna has worked with animals since that time. She completed her Certification in Canine Rehabilitation Therapy through the Canine Rehabilitation Institute in 2009, and is eligible for her Certification in Equine Rehabilitation Therapy through the Animal Rehabilitation Institute (both in the USA). Donna has been on the executive board of directors of the Animal Rehab Division of the CPA since 2005, and is an instructor for the division's Introduction to Canine Rehab course.

She currently provides ongoing rehabilitation support to her two geriatric golden retrievers.



Conservative Management for Cruciate Ligament Deficiency:

All practitioners involved in small animal health care are well aware of the fact that some animals are not surgical candidates, either due to age, poor health, an inadequate state of fitness, and/or because of financial constraints, or owners' beliefs. This subset of patients deserves a chance at optimal function as much as those that are prime surgical candidates with owners willing and able to bear the financial burden of surgery.

One Medicine: Look at the human model to help the dogs?

A scant amount of literature has been published specifically dedicated to conservative rehabilitation of canine cruciate-deficiency. While some studies have used cruciate-deficient dogs as control animals, evidence-based rehabilitation programs are not generally part of standard management protocols for a

comparable evaluation of this option. Human literature has attempted to make comparisons between surgical and conservative management of the cruciate-deficient knee and to study specific treatments and outcomes pertaining to the rehabilitation of the non-operative knee joint.

- 1/3 of non-reconstructed patients resume previous activities, 1/3 of non-reconstructed patients can manage by modifying their activity levels, & 1/3 need reconstruction.
- 77% of the non-reconstructed subjects have normal function at one year post-injury, 89% normal at 3-years, and 85% normal at 15 years of follow up.
- Strength (isometric and concentric) was shown to be normal in 42 – 56% of the subjects at 1 year, 54 – 68% at 3 years and 69 – 82% at 15 years follow-up.
- Sixteen percent of the rehabilitation-only patients developed radiographic osteoarthritis (OA). All of the patients with OA had undergone a meniscectomy. None of the non-meniscectomized patients developed OA

Can we come up with a plan? Yes we can!

Visit our website to see a full article:
<http://www.caninefitness.com/resources/docs/Full-Cruciate-Tears-Owners.pdf>

Dentals and the TMJ con't...

have troubles selecting which dumbbell was his (something he had never had issues with before). That little boy had the stiffest TMJ (unidirectional) I have ever seen or felt (it would have been a great one to have in class actually!). Again, mobilizations (this time grade 3 or 4 mobs) and laser did the trick and he was discharged in two treatments. His 'sniffer' seems to be back in working order again as well!

Lastly was a Cavalier King Charles Spaniel. He only had 11 teeth extracted, just the week before! He was a little stiff (unidirectional) with TMJ movements. And with mobilizations alone, he had improved mobility by the end of one session.

Fascinating!! Are you seeing a trend in that these are all little dogs?? Hmm. Oddly enough, I also saw a 16-year-old Weimaraner that had some teeth pulled as well. She had no TMJ issues. It's making me think, and I hope it makes you think as well. Better check these small dogs after dentals!!

- Musing provided by:

Laurie Edge-Hughes,
BScPT, MAnimSt, CAFCI, CCRT

Note: We, at the Canine Fitness Centre, still advocate that surgery is likely the best option for a non-functioning cruciate-deficient stifle... but we just wanted you to know that there are options for those animals that need them!

Are you looking for
some interesting lunch
and learn sessions?
Let us help!

Potential Topics:

Conservative Cruciate
Management

The Physio Assessment &
the Pathofunctional
Diagnosis

Assessing for TMJ
dysfunctions

Vestibular rehabilitation

Geriatric rehabilitation

Soft tissue assessment of
the canine shoulder

Concepts & approaches to
neuro-rehab

The post-operative
cruciate

Rehabilitation and pain
management

Tell us your topic idea, and we'll see if we can create a session just for you!



Quick Stats about the CFC

- In any given year - approximately 60% of the Calgary and area vets have referred dogs to our rehab services. Over a 3 year period, this number increases to 81.5%.
- 71.5% of our cases are orthopaedic, 12.5% & 12.7% are neurologic or neurologic with other components (respectively), and 3.2% are 'other'.

- 77.7% of the orthopaedic cases involve a rear limb, 18.8% the front
- Over 35% of all cases that are referred to CFC come without a definitive diagnosis. (in other words, we help provide a diagnosis)
- The majority of the cases seen have moderate to significant improvements in their primary condition following a treatment series. Outcome is closely correlated to compliance...



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