



## Canine Fitness Centre

What's new at the Canine Fitness Centre? We are getting geared up for summer and what better way to put that long winter to rest than having dogs come and swim in our brand new Endless Pool. Yes, really! We have installed an Endless Pool that we are excited to begin using for rehabilitation and aquatic exercise for canine conditioning. We are thrilled to be training our staff and experimenting with our wonderful volunteer dogs to create great swim programs for all of your dogs. We are now taking bookings, so give us a call today for pricing and available booking dates.



## Senior Dog Class

Do you have a senior dog who is tired of being stuck indoors after this seemingly never ending winter? Our Senior Dog Class is a great way to get your dog up and moving with a focus on general conditioning, building balance and relaxation techniques. Each class builds on the previous class to challenge your dog's ability. The course objectives include injury prevention, proprioception / body awareness, flexibility, minimizing pain, and improving strength and endurance. Our Senior dog class is spear headed by one of our physiotherapists, Sue Van Evra, who has recognized that there are so many things that can keep older dogs more comfortable during their senior years. The course is instructed by Sue and often one other therapist. We all have quite a soft spot for senior dogs! It's also a great way to for owners to bond with their senior pals! Classes are once a week for four weeks. Call today to get on the waiting list for our next class!

### Inside this issue

Geriatric physical considerations.....	2
Canine dementia .....	2
Sacroiliac case study .....	3
PETanicals.....	3
Canine obesity .....	4
Fluffy to fit .....	4
Vet intern testimonial ...	4



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403-204-0823

[www.caninefitness.com](http://www.caninefitness.com)

# Physical considerations for geriatric patients

There are several things that change as humans and dogs age. These factors should be taken into consideration as we are attempting to exercise, condition or rehabilitate the geriatric canine patient. Maintaining physical activity during a dog's senior years is important for cardiovascular function, the musculoskeletal system and preserving the body's ability to cope with stressors. Those who keep actively involved in intellectual and physical activities perform better than those who are inactive. Health benefits to physical conditioning of the sedentary elderly canine patient can be a reduction in osteoporotic changes, improved breathing capacity, improved joint mobility, and a "tranquillizer effect" that reduces neuromuscular tension and anxiety. The aged patient is more at risk of musculoskeletal and cardiovascular problems and may become more easily fatigued and hence susceptible to injury. Additionally, seniors have more difficulty adapting to and recovering from physiologic stimuli.

Rehabilitation therapists start programs at a low intensity, avoid rapid changes in intensity level and consider appropriate warm up and cool downs for any exercise regime. Seniors can benefit greatly from low impact exercises such as underwater treadmill or swimming. The buoyancy eases the impact on joints, while building up cardiovascular strength. Our therapists take all of these aging changes into consideration when rehabilitating or condition the elderly canine patient.



## Categories of canine dementia

### Impairment in orientation

- Staring into space
- Getting lost in house or yard
- Getting stuck in corners

### Impairment in house-training

- Decline in signaling to go out
- Urinating / defecating in house

### Impairment in social interaction

- Decline in greeting owners
- Decline in soliciting attention

### Alterations in sleep-wake cycle

- Regular wakes owner at night by pacing or vocalizing

## Canine Dementia

In human's , Alzheimer's disease is generally characterized by initial decline in episodic memory followed by progressive decline across multiple cognitive domains. Research has contributed in the understanding of its etiology in both human and animal models. Canine dementia is broadly define as a host of geriatric behavioral changes which cannot be attributed to any other medical condition. These behavioral dysfunctions can be categorized as four types of canine cognitive impairment. The impairments are categorized as orientation, house-training, social interaction and alterations in sleep-wake cycle. Older dogs, much like older humans, show a variety of symptoms, which can be attributed to a decline in their brain function. This can then affect their neuromusculoskeletal function. Patients have demonstrated a slowing of gait and movement associated with a real or perceived instability. This can be attributable to a loss of balance, equilibrium, and/or limb co-ordination.

In addition to encouraging owners to maintain a healthy lifestyle for their furry companions, physiotherapy can provide a variety of techniques to delay the loss of neuromusculoskeletal functioning. They can engage the dog in safe balancing exercises, coordination training, postural exercises, and building of hind end strength. Therapists can also advise on the benefits of cognitive training and increasing physical activity.

It is never easy to watch our beloved companions age, but the Canine Fitness Centre can ensure that a good quality of life is maintained for as long as possible.



## Sacroiliac Case Study

Solomon was an 8– year old, intact male Great Dane. He suffered a recent acute onset lameness (3-week duration) of his right hind leg following a suspected trauma of his limb being caught in a hide-a-bed. The chief complaint was that he was walking on the dorsum of his right foot and dragging it on ambulation when found in February. Medical history was taken, he was no longer on the steroids and muscle relaxants he had been prescribed when the injury was first treated. All prior medical conditions had no bearing on this sudden lameness.

The palpation exam: There was full passive and active range of motion and lack of tenderness of the cervical spine. No tenderness, palpable joint dysfunctions or asymmetry of the thoracic or lumbar spine. The pelvis was asymmetric, with the right ilium being caudally slipped and dorsally rotated. There was palpable tenderness of the right piriformis muscle. All extremity joints of all four limbs displayed full passive range of motion.

**The pathofunctional/physical working diagnosis was that of sciatic nerve neuropraxia secondary to pelvis misalignment / SIJ kinetic dysfunction.**

Treatment consisted of mobilizations of the right ilium into both cranial glide and ventral rotation. Craniosacral therapy was also administered to the sacroiliac joints bilaterally. Electrical muscle stimulation and laser therapy to the semitendinosus, semimembranosus and the tibialis anterior muscle was applied. A home program was created that included tapping down the back of the thigh or anywhere below the knee to stimulate reflexive muscle contractions, 3-leg stands to increase strength and balance, and hill walking.

Follow up treatments were conducted once a week for the next three weeks. Improvement was rapid. By the middle of March, Solomon was able to walk without the owner assisting foot placement. The pelvis was symmetric, without tenderness of the piriformis muscle. The follow up treatments included electrical muscle stimulation and pulsed electromagnetic field to the sciatic nerve. By April Solomon was no longer scuffing or dragging his foot and all reflexes were normal throughout the right hind leg.

### Featured Product:

## PETtanicals

Canadian made PETtanicals is now being sold at the Canine Fitness Centre! How does it work? Four main ingredients work together to provide the pain relief your dog may need. Firstly **CBD** (cannabidiol) is a compound that your dogs body has receptors for. When the CBD binds with the receptors it results in not only pain relief but a whole host of homeostatic responses. **Terpenes** are the organic compounds produced by hemp that are antiviral, antifungal, antiseptic and antibacterial. **Hemp** is a natural antioxidant with neuro protective properties making it an effective natural alternative to treat disease and illness in pets. Finally **omegas** promote healthy skin, coat, heart function and decrease inflammation.

PETtanicals can help with pain and inflammation, digestion and nausea, joints and mobility, anxiety and phobias, epilepsy and seizures as well as skin and allergies. It is made with 100% natural organic ingredients.

Patients experience the benefits of PETtanicals in just 45 minutes after use. The oil can be dropped into food, water or directly into the mouth.

Give us a call or stop in to pick up your bottle today!



## CFC Fun Facts!

- The oldest dog we are currently treating on a regular basis is a **17** year old Aussie/Border Collie cross
- Our pool holds 16 000 litre of water
- Currently on staff we have five physiotherapists and four assistants
- We see cats too! For rehabilitation and weight loss
- In April we saw an FHO post-op RABBIT!
- We see clients for puppy evaluations and performance dogs to ensure they are in tip-top shape
- March was the clinic's 14th birthday!



The Canine Fitness Centre

4515 Manhattan Road SE

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## Canine obesity

The rising obesity epidemic affects both people and their pets. Factors that contribute to obesity include: overeating, lack of exercise, hormones, drugs, aging ,and genetics. The two major factors that play a role in obesity are overeating and lack of exercise. Although certain breeds are at a greater risk and hormones do play a role, typically the 'human' controlled factors tend to play the biggest role. Feeding is a major part of the human-animal bond, therefore feeding equals love. However, humans should be mindful of this when creating alternative healthier habits. Other conditions can also cause and complicate obesity. These can include reduced immunity, lung and heart disease, incidence of hip dysplasia and degenerative joint disease, hypertension and diabetes. Here at the Canine Fitness Centre we recognize that obesity is an ever growing problem and see the stress that it creates on our canine clients bodies. So

we've created our Fluffy to Fit program to combat canine obesity!



## Fluffy to Fit

Our weight loss program here at the Canine Fitness Centre encompasses all of the necessary elements order for both owner and pet to achieve success! The plan consists of dietary management , lifestyle management, and monitoring success. It sounds simple but often times what to feed, how much to feed, what's normal and what needs to be modified can be confusing! This is why we are here to help owners through the process so that they are able to achieve those desired results and shed unwanted pounds.

What's included? It's important for us to know your dog before we start him / her on an exercise program. We start with a physio session or physio clearance. This allows us to get a physical baseline and to identify sore joints and laser those areas. We will then weigh, measure, assign a body condition score, and analyze the dogs calorie consumption. Underwater treadmill sessions are also included as part of the Fluffy to Fit package. We will monitor and measure throughout the entire process and adjust the program as needed. During the months of May and June we are offering special pricing with a BIGGEST LOSER prize!

## Veterinary Intern Testimonial

I was recently at the Canine Fitness Centre completing my internship part of the Canine Rehabilitation Course. I went in quite unsure how to integrate all that I had learned and I received the best hands-on training I could have imagined. Working with Laurie and all the other therapists has been a great experience. From the word go, they permitted me to engage actively in the case including interacting with the client and the patient. I had access to case files and they were patient in answering my questions – I had plenty !!! Laurie ensured I was in on every interesting case including an unusual functional lameness of a little dog belonging to a staff member. I was taught new techniques and permitted to use them on the patients.

The support staff too were a great team and helped me get all the relevant information needed to complete my final report. Overall a super-friendly practice with knowledgeable and experienced therapists. I highly recommend this place if you want to learn amazing hands-on techniques.

Dr. Radica Rajagoopal , DVM  
Phoenix Rising Integrative Veterinary Care  
Burnaby, British Columbia