

## From Our Clients

Doc Wendy,

*"We are very pleased with the rehab and therapy treatments you have been providing our golden retriever, Juno, over the last year. On top of Juno's crippling arthritis he's had since he was 1, this year has brought on a joint infection, partial tail amputation, vestibular disease and a broken leg. He has bounced back from each of these problems in part because of your fabulous therapy!"*

*You have performed passive range of motion, laser therapy, and cavaletti work among other therapies.*



*He loved the PEMF bed you used so much that we went out and bought one for home use! Juno is nearly 14, and thanks to your rehab services, he is still a healthy puppy at heart and loves being with his family, which is all we truly want."*

Bill & Patty Bredice

## Know That You're in Good Hands

CCRT graduates must complete 112 hours of classroom instruction and 40 hours of internship covering all of the following:

- *Canine anatomy and physiology*
- *Conditions and injuries commonly referred for rehabilitation*
- *Physical therapy assessment techniques*
- *Manual therapy*
- *Physical modalities and therapeutic exercises*
- *Neurological rehabilitation*



Dr. Wendy Bernstein, DVM, CCRT  
(Certified Canine Rehabilitation Therapist)  
GoDogGoRehab.com 425.892.0476

*Helping Dogs Overcome Challenging  
Physical And Neurologic Deficiencies.*

## Problems Helped With Rehab

- **Chronic pain/arthritis (knees, hips, neck, back).**
- **Front/rear leg lameness**
- **Senior pet problems (weakness, trouble rising, muscle atrophy).**
- **Sports injury: treatment and prevention.**



## What Is Canine Rehab?

Think “physical therapy for dogs.” Here’s how it works.

### Step 1): Evaluation



*Comprehensive neuromuscular physical exam, including evaluation/assessment of pain, posture, gait, flexibility, neurologic impairment & range of motion.*

### Step 2): Treatment

*We offer specific, customized treatment plans and prioritize therapies aimed at helping your dog feel & move better as quickly as possible. May include any/all of the following:*

#### **LASER:** (light amplification by stimulated emission of radiation.)

- *decreases inflammation and edema (swelling), decreases pain (produces endorphins, natural painkillers)*
- *helps nerve cells regenerate, releases serotonin in blood (neurotransmitter that decreases pain).*
- *Speeds wound healing.*



#### **NMES:** (neuromuscular electrical stimulation)

- *Helps reverse muscle atrophy and builds muscle strength*
- *Helps “re-educate” muscles.*



#### **TENS:** (transcutaneous electrical nerve stimulation.)

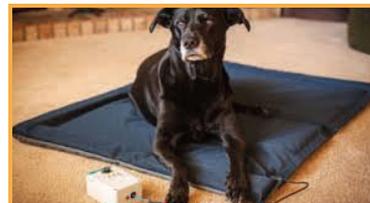
- *Decreases inflammation, pain and swelling.*



- *“Gates” pain (stops pain signals from getting to brain).*

#### **PEMF:** (Pulse electromagnetic field)

- *FDA approved for bone healing,*
- *Whole body relaxation and pain control.*



## **MANUAL THERAPY**

- *Joint traction/compression/mobilization for pain control; promotes increased range of motion.*



- *Soft tissue manipulation to relieve muscle trigger points and increase muscle flexibility.*

## **THERAPEUTIC EXERCISE**

- *Targeted exercises designed to increase strength, aid spatial awareness and balance, and normalize posture and gait.*



### Step 3): Home Exercise

*During the rehabilitation process, we’ll give you a series of easy home exercises you can do with your dog in 15 minutes or less.*

*These are essential because they continue the momentum and progress your pet has made during his therapy sessions.*