

**Simba Connelly**

**Physiotherapy and home care plan**



Patient Details: Simba

Canine ME,

Diagnosis: Fibrocartilaginous Embolism and Spondylosis of Lumbar  
Vertebrae L1&L2.

## Physiotherapy Plan

**Technique:** Manual massage

- 1) Effleurage
- 2) Petrissage
- 3) Passive range of motion

**Intervals:** Manual massage to be preformed six times a day

**Repetitions:** Each exercise is to be preformed ten times

**Weight Bearing:** To be preformed six times a day for 15 minutes periods

Simba appears to benefit more by having his exercise/massage performed during his weight bearing period. To carry out this task he will require the use of a sling and two people to assist him.

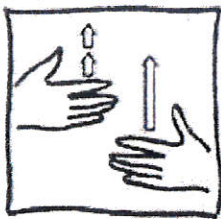
## Effleurage

Use one hand to support the limb whilst the other hand massages the limb.

Massage should be conducted in one continuous movement in one direction.

Always massage the limb in the direction of the heart to encourage blood flow and lymphatic drainage.

Massage should be conducted rhythmically and with the palm of your hand.



[http://www.youtube.com/watch?feature=player\\_embedded&v=v5qCLm2](http://www.youtube.com/watch?feature=player_embedded&v=v5qCLm2)

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Effleurage

## Petrissage

Petrissage improves tone and strength of muscular tissue, increase blood supply to the area and reduce muscular spasms..

Petrissage should be performed using both hands.

- 1) Lift skin and surrounding superficial tissue up and gently press down.
- 2) The muscle is then grasped and squeezed.
- 3) The muscle is then rolled and released.

Always massage in the direction of the heart.

A technique called friction can also be utilized by making small circular movement with the pad of your thumb across the muscle.



Petrissage

[http://www.youtube.com/watch?feature=player\\_detailpage&v=3iWD\\_O2\\_](http://www.youtube.com/watch?feature=player_detailpage&v=3iWD_O2_)

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## Passive Range of Motion

### (PROM)

Passive exercise is used in situations where the patient has no active muscle action.

Passive range of motion exercises increase flexibility of joints, stimulate sensory nerves and improve strength of the limb.

This procedure should be carried out with extreme care as sharp movements and over extension/over flexing of the joints can cause harm and manipulation of the limbs can be painful.

Each joint must be exercised using its full range motion.

Start at the digits (toes) by gently flexing and extending the joints in an up and down motion and small circular motions.

Next gently flex and extend the Tarsal joint (ankle) in an up and down motion.

The next joint to manipulate is the stifle joint (knee) by gently flexing and extending the joint in an up and down, backwards and forwards motion.

Finally the hip joint must be extended and flexed by moving the entire leg in an up and down motion and backwards and forwards. The hip should then be rotated by simulating the movement made when walking. The hip joint should also be manipulated outward (cocking of leg).

[http://www.youtube.com/watch?v=V6fOuQ\\_W4vo](http://www.youtube.com/watch?v=V6fOuQ_W4vo)



Circular movement of digits



Flexion of the digits



Extension of the digits



Flexion of Tarsal joint





Extension of the Tarsal joint (ankle)



Flexion of the hip



Extension of the hip



Cocking the leg



Extending backwards of hip



## Weight Bearing

As outlined above Simba will require weight bearing exercise six times a day for fifteen minutes at a time.

To assist Simba to weight bear you will need a pelvic sling or a large bath towel.

Fold the towel up, starting from its longest length which will give you a long tube like structure.

To assist Simba with his physiotherapy the towel/sling should be placed around his pelvic region.

Simba should be given enough support that he can stand upright with both paws placed flat on the floor.

To assist Simba to the toilet and to walking the towel/sling should be placed under his left leg only as this is the leg that requires support when walking and allows him to freely urinate and defecate.



Weight Bearing





Walking



Walking

## Home considerations

### Bed

As Simba is very stiff and sore his bed will need to be very soft and well padded. His bed should be downstairs and in an area from which he can see the comings and goings in your home to avoid distress and boredom, but quiet enough to allow Simba to rest. Simba will require a lot of rest as his physiotherapy will be challenging for him. You may find that Simba will sleep more than usual when first arriving home, this is normal in a situation where an animal has been hospitalised. Please ensure that Simba does not always lie in the same position as this can create sores on the skin, therefore encouraging him to sit and lie down alternatively can be beneficial. Simba does not like to lie on his left side as he finds this painful, therefore this position should be avoided.

### Feeding

Simba can continue with his normal diet at home and may have unlimited access to water, however please ensure that his food and water are close to his bed. Simba appears to favour eating and drinking whilst he is participating in his weight bearing exercises. If Simba appears to be in-appetent try hand feeding him as he seems to enjoy

being made a fuss of. Please increase Simba's daily calorie allowance as due to muscle wastage he has lost a little weight and condition.

### **Toileting**

Simba should be taken out to the toilet on a regular basis (see weight bearing) but will require the use of a sling.

### **Flooring**

Please ensure that if Simba is walking on a slippery surface such as tiles or laminate flooring that a flooring track is used (lay down towels). It is also important to be aware of any injuries he may sustain as a result of dragging his left paw along the ground.

### **Stairs**

Please do not let Simba walk up or down stairs. Stairs are very dangerous as Simba does not have full control of his legs or the balance to undertake such a task. If stairs are unavoidable please carry Simba.

### **Exercise**

Simba should not be walked at the moment. Simba's exercise should consist of his physiotherapy and short walks out to the garden to urinate and defecate.

## Medication

Simba will be discharged with analgesia (painkillers) and gut protectants. Please follow the instructions given at the time of discharge. If any vomiting or diarrhoea occurs contact the surgery before his next dose is due.



## Observing Improvements

Improvements to look for:

- Conscious Proprioception (knuckling reflex improvement)
- Patellar reflex intact
- Withdrawal reflex intact
- Deep pain presence
- Placing of paw when standing/walking
- Centre of gravity (balance)

## Observing decline

Indications of decline:

- Cold legs (lack of blood supply to legs)
- Loss of conscious proprioception

Please use the following template to keep a diary of Simba's progress

## **Simba's progress diary**

Monday:

Physiotherapy:

Balance:

Walking:

Placement of paws:

Pain Management: