

CONSERVATIVE MULTIMODAL APPROACH (PHYSICAL THERAPY AND ACUPUNCTURE) TO A GERIATRIC DOG WITH SPINAL ARTHRITIS: A CASE STUDY

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HYPOTHESIS

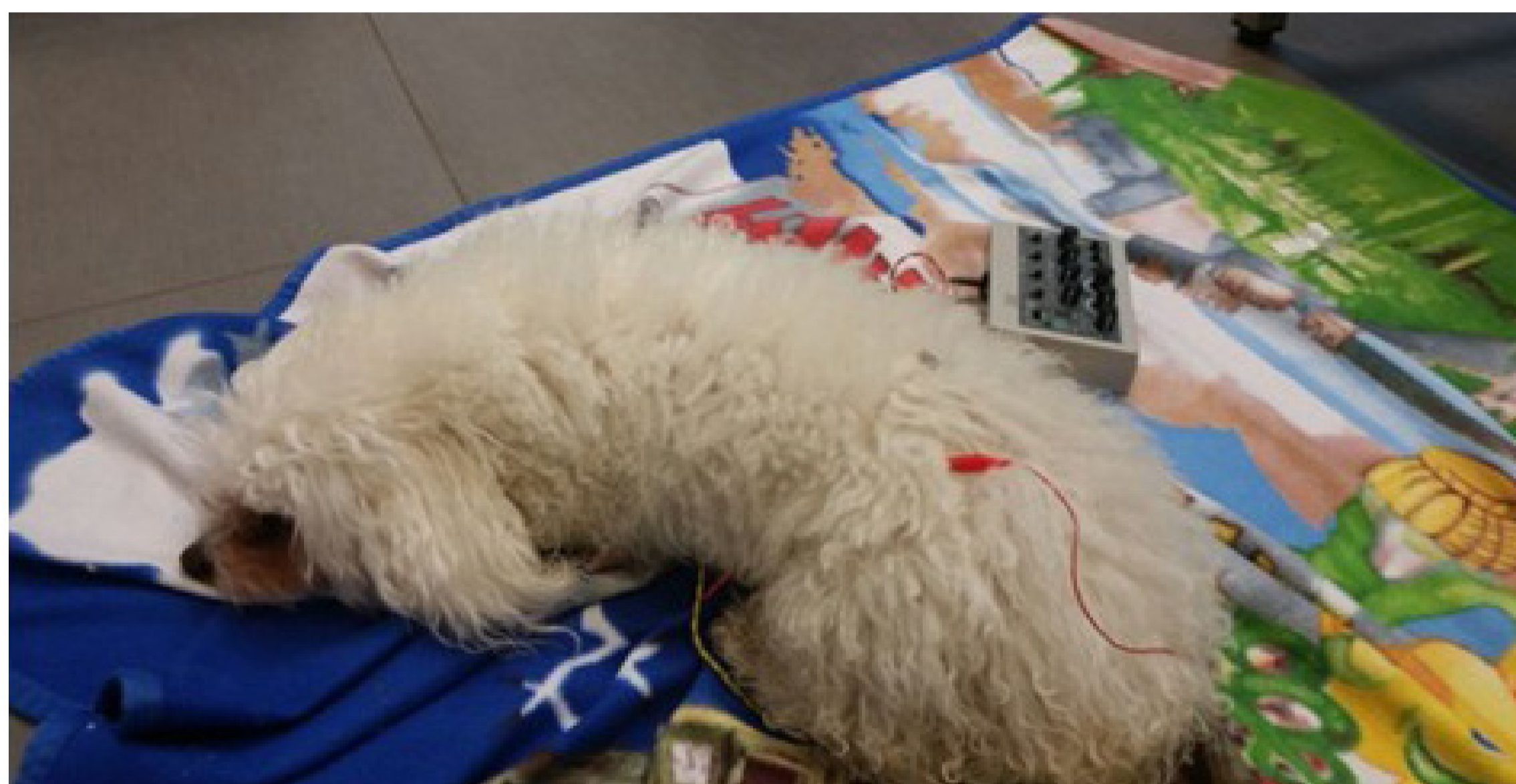
Holistic approach integrating physical therapy and acupuncture for biomechanical issues and pain management of a patient (14 YO male Bolognese dog) referred for PT and non-pharmacological management of his chronic spinal condition (lumbar arthritis, main radiographic lesion: L3-L4 osteophyte).



METHODS

10 weekly physical therapy treatments integrated with 5 fortnightly acupuncture sessions: biomechanical and energetic stimulation.

Initial findings: paraspinal muscles contracture and hind end musculing asymmetries. The patient was reluctant to voluntarily perform dynamic activities, showed kyphosis of lumbar-sacral region, fasciculation of right thigh muscles, uneven load of hind limbs.



Physical Therapy

Myofascial release, pulsed-waves electromagnetic therapy, spike ball massage on muscle groups undergoing compensational mechanisms, dynamic gymnastics on poles, postural and proprioceptive exercises on a wobble pillow.



Acupuncture

Organic stimulation points (Spleen, Kidney, Small Intestine, Governor Vessel meridians) for energetic reactivation of the patient, and extraordinary meridians to balance the load of the hind limbs. **Loco-regional electroacupuncture** in the area of the osteophyte has also been applied.

RESULTS

Bilateral symmetry of appendicular muscles.
Normotrophic/normotonic paraspinal muscle chains.
Improvement of biomechanical efficiency.
Increased willingness to initiate movement.

Improvement of musculoskeletal condition (resolution of paraspinal muscle contracture and modification of thigh diameter from 21cm left/25cm right to bilateral 23cm).

Higher level of energy and vitality: proper urination stance, increase in spontaneous physical activity, decrease of visible limb tremors, energetic and playful attitude.

This dog continued maintenance sessions (PT every 20-30 days, acupuncture every 45-60 days) and followed up after 2 years without any relapse of symptoms.

CONCLUSIONS

The holistic and non-invasive approach allowed this patient to regain positive and interactive disposition towards physical activity.