

# The View from VOSM

Veterinary Orthopedic & Sports Medicine Group

SPRING 2009

## Orthopedic & Surgical Services

Tibial Plateau Leveling  
Osteotomy

Arthroscopy

Fluoroscopy

Joint Replacement

Fracture Management

Congenital Orthopedic  
Conditions

Osteoarthritis Treatment

Stem Cell Therapy

Soft Tissue Strains & Sprains

Sports Medicine

Canine Athlete  
Orthopedic Evaluation

Working Canine  
Orthopedic Evaluation

Objective Gait Analysis System

## Rehabilitation Services

Acupuncture

Laser Therapy

Therapeutic Ultrasound

Trans-Cutaneous Electrical  
Muscle Stimulation

Massage/Manual Manipulation

Pulsed Magnetic Field  
Therapy

Phonophoresis &  
Iontophoresis

Underwater Treadmill/  
Therapy Pool

Sport-Specific Training

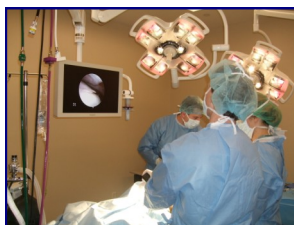
## A Note from the Owners

We are pleased to announce that we have moved into our new state-of-the-art, 16,000-sq-ft sports medicine facility located in Annapolis Junction, Maryland! Annapolis Junction is centrally located between Washington, DC and Baltimore. We specifically chose this location for its convenience for local clients as well as its proximity to BWI for our clients from across the US that fly in with their dogs for evaluation and treatment. Our new facility emulates the human sports medicine model and includes operating rooms based on Johns Hopkins Sports Medicine Center, a canine gym with an objective gait analysis system, hydrotherapy - including a full-sized canine rehabilitation pool with swim current and two underwater treadmills - and a large conference room for continuing education seminars.

Exciting events are scheduled for 2009 and beyond. VOSM will host the 2009 American College of Veterinary Surgeons Symposium's Rehabilitation Therapy Laboratory, and Dr. Sherman Canapp will chair the Symposium's Rehabilitation Laboratory and Sports Medicine Section. VOSM will also be hosting a National Veterinary Sports Medicine Conference this summer.

VOSM will continue to give back to the veterinary community through various clinical trials, lectures, out-rotations and advanced training to veterinary students, interns, residents and other boarded orthopedic surgeons. VOSM has been invited to act as a training center for clinical rotations for therapists that have completed the Canine Rehabilitation Institute's (CRI) program and will host advanced courses for both CRI and the University of Tennessee. Our 2009 lecture schedule includes the Virginia Veterinary Medical Association Conference in Roanoke, the American Veterinary Medical Association Conference in Seattle, the Pacific Veterinary Conference in Anaheim, SCVAMA at Ohio State University, the ACVS Symposium in Washington, DC and the Alaska VMA in Anchorage. We will also be lecturing at the North American Veterinary Conference and Western States Conference in 2010.

Dr. Sherman Canapp has also had the recent honor of being included as an orthopedic consultant for the National Aquarium, performing an arthroscopic procedure on a sea turtle. Dr. Canapp was also recently invited to serve as a consultant for Johns Hopkins University's School of Medicine.



*Dr. Canapp performs surgery on a sea turtle from the Aquarium*

It is our pleasure to introduce the newest members of our team including rehabilitation therapists Dr. Faith Lotsikas and Lori Johnson, AHT, CCRP. Dr. Shauna Cantwell, a board-certified veterinary anesthesiologist, will be heading up the anesthesia and pain management aspect of our practice. Our additional orthopedic surgeons, Dr. Peter Lotsikas and Dr. Matthew Johnson, have further expanded our ability to receive your referrals and have brought to VOSM their expertise in joint replacement, arthroscopic procedures, stifle stabilization and fracture management.

Thanks for your support and confidence in referring your patients and your own pets to VOSM for their orthopedic, sports medicine and rehab needs. We look forward to sharing this exciting year with you!

Sincerely,  
*Sherman & Deb*

**Drs. Sherman and Debra Canapp**



*New reception area with private alcoves*

## Rehabilitation Therapy at VOSM

**Rehab therapy  
has become  
essential in  
helping our  
patients recover  
from injury**

With the opening of our new sports medicine facility, we have been able to extensively expand on our rehabilitation therapy services. VOSM has a staff of six certified rehabilitation therapists and now offers a full complement of services including manual therapy, modalities, hydrotherapy (underwater treadmill therapy and deep water swimming), massage therapy, acupuncture and therapeutic exercise. Our new gait analysis system will allow us to objectively assess progress and maintain benchmarks as our patients progress through the rehab program.

Our canine sports trainer, Dr. Chris Zink, will continue to be an integral component of the performance dog's recovery as she works with her patients through their return to sport and retraining. As greater than 35% of VOSM's caseload encompasses performance and working dogs from around the country, our goal is not only to get them back to competition and working, but to teach the trainers/owners ways to prevent re-injury.

Since rehabilitation therapy is such a new area in veterinary medicine, we realize that not everyone may fully understand what treatment options are available or how these modalities work. Therefore, we have included a brief summary of the techniques offered at VOSM.

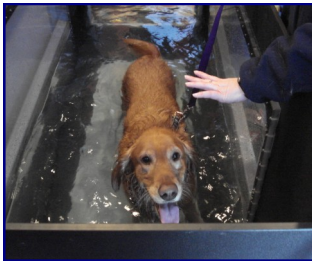
### Rehabilitation Therapy Overview

The physical rehabilitation of animals is a new area of veterinary medicine which has become essential in providing the best opportunities for our pets to recover from orthopedic surgery, soft tissue injuries and beat the pain and immo-

bility of arthritis. Common physical rehabilitation modalities such as therapeutic ultrasound, transcutaneous electrical neuromuscular stimulation (TENS), laser, neuromuscular electrical stimulation (NMES), magnetic field therapy, manual therapy, underwater treadmill and swimming can all, when used properly, assist in treating orthopedic injuries, neurological conditions and chronic conditions brought about by normal aging in our companions. These musculoskeletal and neurologic conditions can result in weakness, pain, decreased range of motion, loss of coordination, decreased endurance and difficulty with normal daily activities.

### Ultrasound Therapy

Therapeutic ultrasound provides thermal and non-thermal mechanical stimulation to promote tissue healing of muscle, tendons, joints, ligaments and bones. Therapeutic ultrasound can improve mobility, promote soft tissue wellness, reduce scar tissue and enhance bone repair. This modality is commonly used to treat shoulder injuries and help restore the correct range of motion to injured and post-surgical joints.



A patient receiving therapy in VOSM's new underwater treadmill



Ultrasound being used to treat a shoulder injury

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*Shoulder Stabilization System featured in Dr. Canapp's lectures on Medial Shoulder Instability.*



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## Rehabilitation Therapy at VOSM—Continued

### TENS

Transcutaneous Electrical Neuromuscular Stimulation (TENS) decreases pain by providing a low level electrical current which disrupts the normal pain perception pathways. TENS is a common modality used in humans to control pain from injury and post-surgical circumstances. It is used in the same way in dogs to help decrease inflammation and pain following common injuries such as cruciate ligament rupture and post-operative elbow disease.

### Laser Therapy

Laser is light energy used to stimulate healing, provide pain relief, and facilitate the reorganization of injured tissues. Laser or light therapy is a very common modality that can be used on a broad spectrum of injuries including arthritis, joint swelling, muscle trigger points and post-operative pain and inflammation. It is currently FDA approved to help treat arthritis in humans.



*Laser therapy can stimulate healing after elbow surgery*

### NMES

Neuromuscular Electrical Stimulation (NMES) uses a low level electrical current that decreases swelling and allows muscle contraction after orthopedic or neurological injury. NMES is a common modality used in patients that are paralyzed or have difficulty using their muscles after surgery. The electrical current helps to contract the muscles in order to prevent muscle atrophy and assist in regaining neurological function.

### Magnetic Field Therapy

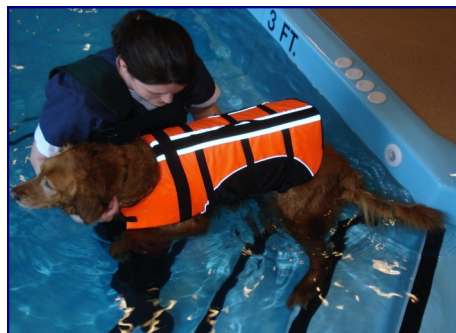
Magnetic field therapy utilizes the power of a pulsed magnetic field to aid in tissue repair, cellular wellness and relaxation. This modality has all of the same benefits as static magnets but is delivered during a 30-minute treatment time. It has also been found to help relax the canine patient during treatments with other modalities.

### Manual Therapy

Manual therapy techniques include mobilization of extremity joints and spine, soft tissue mobilization and myofascial release. These techniques can increase circulation, improve joint range of motion and enhance soft tissue mobility. Manual therapy and exercise programs should be an integral part of any rehabilitation program. These techniques help to regain normal joint function, provide relief for tired and stressed muscles and build the needed muscle to return to normal daily life after injury or surgery.

### Water Therapy

Underwater treadmill therapy utilizes the buoyancy, resistance and hydrostatic properties of water to promote an increased range of motion of joints in a regulated environment. Swimming also uses these properties to strengthen muscles and promote aerobic fitness without joint impact. These two modalities are beneficial when used correctly and at the proper time in injury and post-surgical situations. It is very important that the rehab therapist properly assesses the dog's healing process and schedules the more vigorous therapies at the appropriate time of healing.



*A patient working in the new therapy pool*

### Rehabilitation Indications

Athletes, non-athletes, working dogs and geriatrics can all benefit from veterinary rehabilitation therapy. Indications include post-operative recovery, neurological conditions, osteoarthritis and degenerative joint disease, pain control, sports-related injuries and performance problems, and weight loss and conditioning. Other areas of complementary and integrative medicine such as chiropractic, acupuncture and traditional Chinese veterinary medicine and massage therapy have also all shown significant therapeutic response in helping our patients feel better, work better, play better and live better.

**Athletes,  
non-athletes,  
working dogs and  
geriatrics can all  
benefit from  
veterinary  
rehabilitation  
therapy**

## CONTACT INFO

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### Advanced Imaging Consultant

Patrick Gavin, DVM, PhD, DACVR



## Stem Cell Results you can measure:

- 3 peer reviewed published papers
- 3,246 horses treated
- 1,416 dogs treated

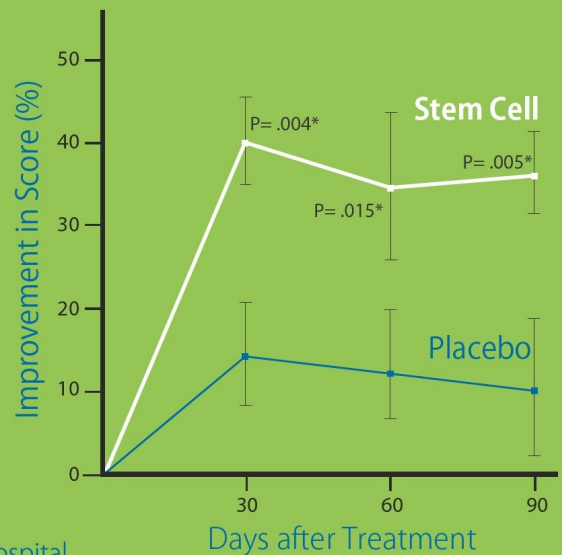
to learn more contact:

**VOSM**

an authorized stem cell referral hospital

\* Black LL, Gaynor J, Gahring, et al: Effect of adipose-derived mesenchymal stem and regenerative cells on lameness in dogs with chronic osteoarthritis of the coxofemoral joints: A randomized, double-blinded, multicenter, controlled trial. Vet Ther 8(4): 272-284, 2007.

## Composite of Scores on Lameness, Pain, and Range of Motion



\*vs. Placebo

**Feel Better, Play Better, Live Better**

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