



Adjunctive Therapies for the Treatment of Arthritis

TOPS Veterinary Rehabilitation
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At TOPS Veterinary Rehabilitation, we strive to improve patient comfort and quality of life. Management of arthritis can be frustrating when patients stop responding to NSAIDs and pain becomes difficult to control. We have many therapeutic modalities available that can be used in conjunction with conventional medication to assist with pain management. Once arthritic pain is managed more effectively, we can improve quality of life by increasing mobility and muscle mass with exercise. Some of the therapies available at TOPS to assist in arthritic management include Pulsed Signal Therapy, Hako-Med, Low Level Laser, Acupuncture, and Hydrotreadmill. We will highlight Pulsed Signal Therapy, Hako-Med, and Low Level Laser in this article.

Pulsed Signal Therapy (PST) is an electromagnetic therapy used to treat osteoarthritis, IVDD, OCD, and spondylosis. Pulsed electrical signals stimulate the normal healing processes in the body and have been shown to lead to the development of new cartilage. The magnetic component of the therapy allows the signals to travel through tissue to the affected area rather than being reflected. The protocol for Pulsed Signal Therapy includes a series of nine thirty minute treatments. Ideally, these treatments are performed on consecutive days. We have a stationary unit available in the clinic to treat patients and portable units that can be sent home as well. PST has resulted in decreased lameness in the majority of our patients and has allowed many of our patients to use less oral medication to manage pain. The benefits of PST are usually seen in 2-12 weeks after treatment and last between 6 months and several years. Pulsed Signal Therapy is contraindicated for patients with active infection or cancer.

Hako-Med is a form of horizontal therapy combining electrical and biochemical effects to improve cellular function. We can treat the whole body in the Hako-Pool or specific areas with Hako-Pads. The Hako-Med therapy feels similar to a transcutaneous electrical stimulation (TENS) treatment. Hako-Med therapy reduces pain and edema, improves circulation, stimulates the muscles, and decreases inflammation. The protocol consists of daily treatments for 3 days, then every other day for three treatments, tapering to weekly and then as needed treatments. Hako-Med therapy is contraindicated in patients with cancer, infection, seizures, and those with arrhythmias or a pacemaker.

Low Level Laser therapy or “Cold Laser” uses photon energy to activate the mitochondria of the cells. The increased mitochondrial activity leads to increased ATP and oxygen production which improves cellular function. Laser therapy also increases vascularization to the treated area and decreases microbial counts. It provides pain relief by reducing inflammation. It is often used in wound healing, to treat arthritic joints, as well as for muscle strains.

Lunch & Learn Please call TOPS Veterinary Rehabilitation at 847-548-9470 if you have questions about any of our services. We are willing to provide Lunch and Learns at your clinic! Please contact Dr. Lisa Starr at lisa.starr@tops-vet-rehab.com to discuss availability and topics.

At TOPS Veterinary Rehabilitation, we respect your privacy. If you would like to be removed from our fax list, please call us at 847-548-9470, or send an email to nofax@tops-vet-rehab.com with the fax number you'd like removed in the subject line or body.