

Therapeutic / Procedure **05-08-2020 Rehab ADR Level 1**

Specifics

- laser Spine
- laser Hips
- laser iliopsoas
- Tp u/s of quads 10 min at 80 - doesn't like to lay for this, have him standing and sit behind him keeping him distracted with peanut butter on the lick mat on chair
- FEU on inside step 3min
- Cavalettis - high for hip range of motion - 38cm apart L2 x10 did much better with reps today
- 3 leg 40 seconds x3 . did with lick mat & peanut butter.
- Cooke stretches full lateral pattern x3 with 3 seconds hold
- Pick up sticks on flat x10
- Heated STM a4's- perform scapulas mobs as he was very restricted in shoulder extension and scapula glide (through deltoid insertion?), freed up slightly but still restricted - worse on L than R

Outcome

Oscar seemed a lot more comfortable with the therapeutic ultrasound today, we were able to increase the frequency from 15 to 80%, meaning a deeper heating of the muscles. He held his front end up extremely well, keeping a nice square stance and his weight in his hind end the entire time. We did not progress his cavaletti height yet as he still does circumduct slightly over these. Did well with his 3 leg today and was able to hold for an additional 10 seconds per rep comfortably whilst engaging surrounding muscle. He was comfortable with his cookie stretches and held each place well, getting a good stretch and demonstrating improving flexibility through his spine

Plans

Booked in two weeks - Wednesday 17th August - 7am admit and 4:20pm Pick up

We would like his walks maintained at 15-20 minutes no longer

Aim to build his front feet on the step to 3 minutes total

Increase his 3leg to 30-45 seconds as he is able to do so in clinic and we would like to combine these exercises next session