

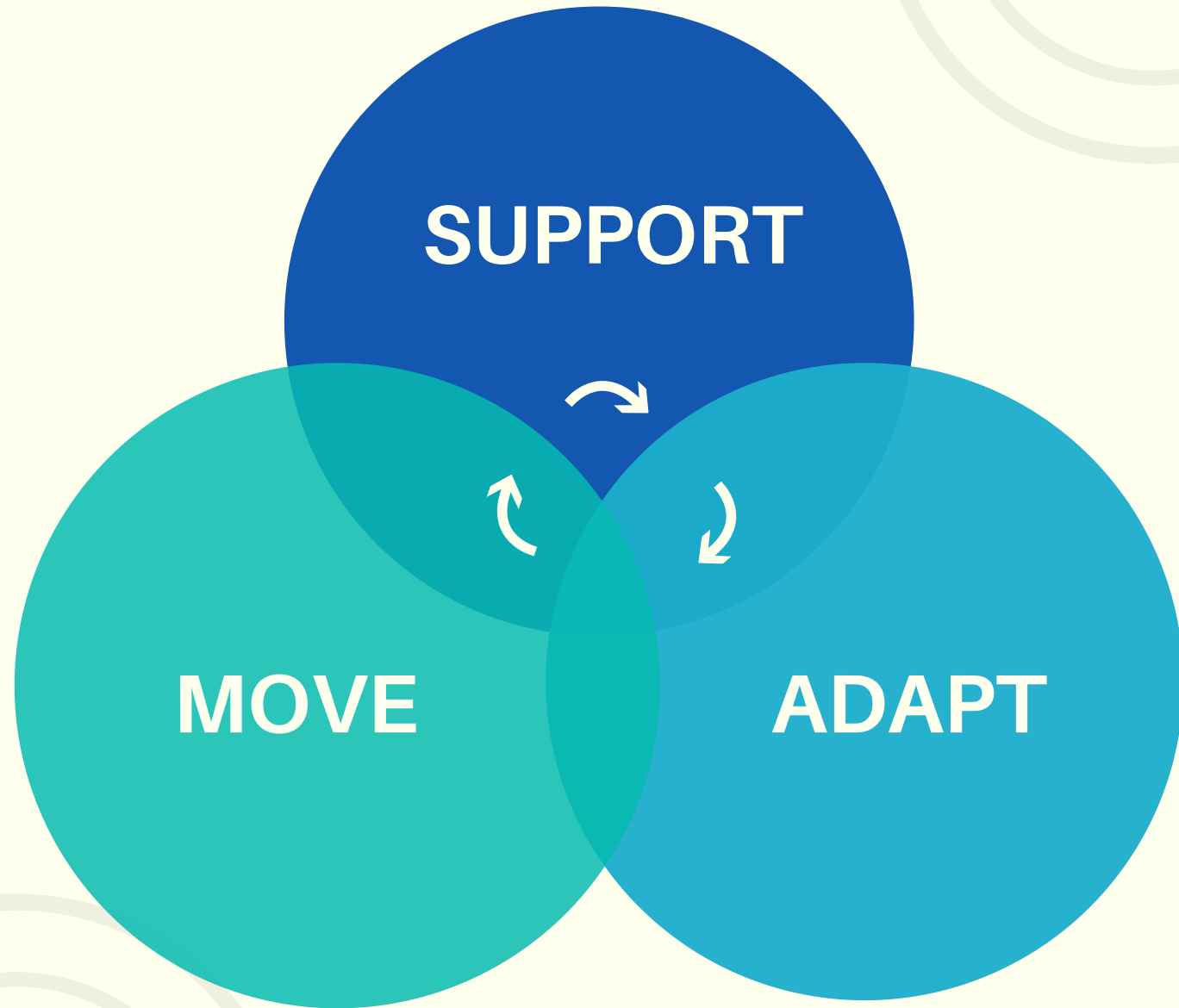
THE S.A.M. SYSTEM

Framework for living with canine injuries and chronic/progressive conditions

One of the best things you can do for your dog when they have an injury or are showing signs of muscle and/or joint pain, is early diagnosis and early intervention.

It's normal to feel overwhelmed when your dog hurts and you want to get them "fixed" quickly.

We've created a simple framework to help you on the road from rehab to recovery for your dog.



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Support:

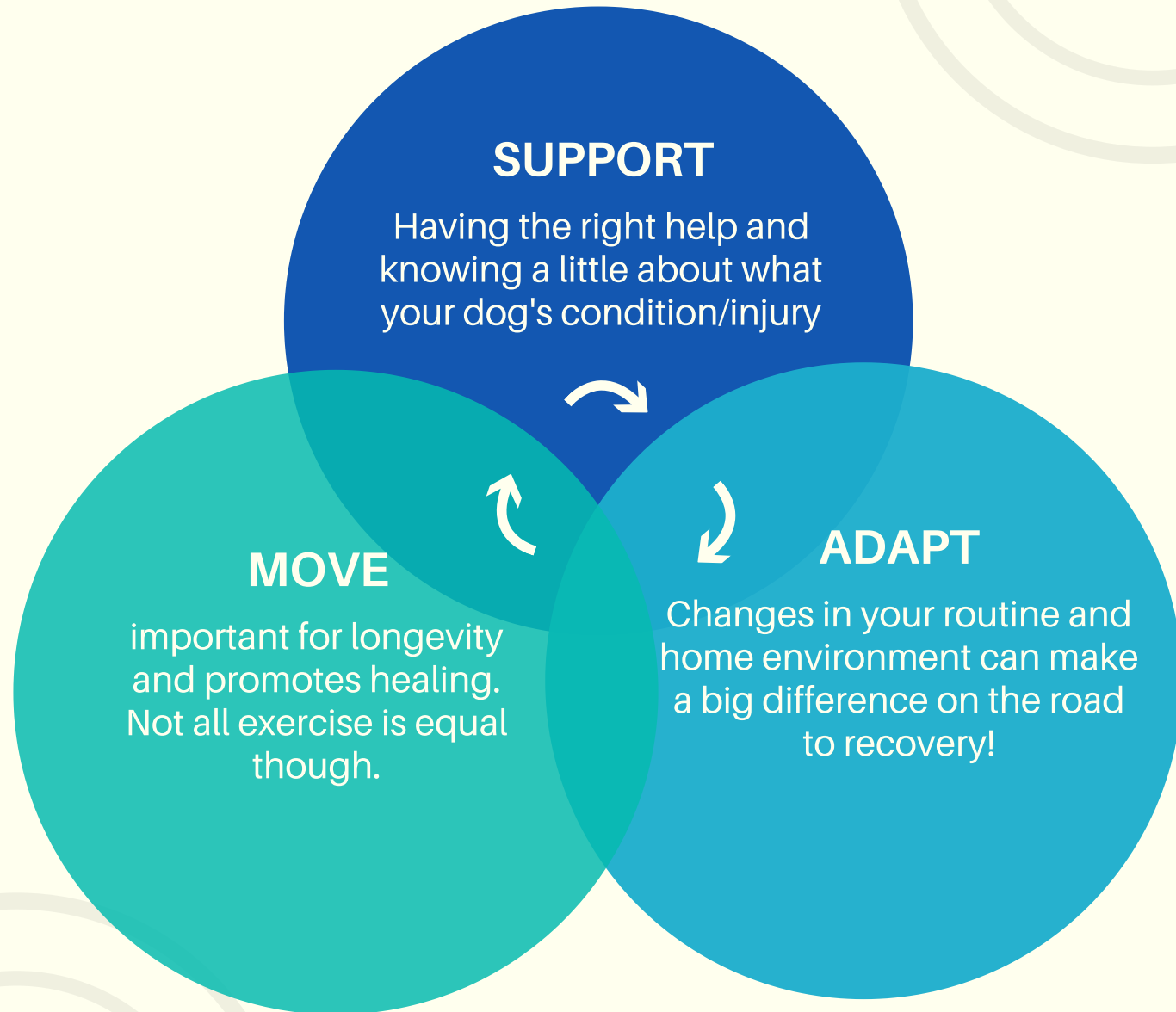
- Understanding your dog's condition
- Having the right people helping you
- Mobility aides (i.e. harnesses, dog wheelchairs, orthopedic bracing, etc)

Adapt:

- Diet & nutrition considerations
- Home environment assessment
- Supportive bedding
- Activity modifications and/or restrictions

Move

- Learn how to use mobility aides/devices
- Consider how your dog is tolerating exercise
- Implement therapeutic exercise plan that is tailored to your dog's condition and stage of healing



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SUPPORT

- Understanding your dog's condition
 - Basics of injury/condition
 - Pain management
 - Overall health
 - Body Condition Score
- Having the right people helping you
 - Vet
 - Rehab therapist
 - Alternative therapy practitioners
- Putting in place the right supports your dog will need
 - Mobility aides (i.e. harnesses, dog wheelchairs)
 - Supportive devices (i.e. wraps, booties, orthopedic bracing)

SUPPORT

Having the right help and knowing a little about what your dog's condition/injury

MOVE

important for longevity and promotes healing. Not all exercise is equal though.

ADAPT

Changes in your routine and home environment can make a big difference on the road to recovery!

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ADAPT

- Diet & nutrition considerations
 - Weight management
 - Supplementation
 - Nutritionally balanced food
- Home assessment
 - Minimize slippery surfaces
 - Remove clutter/obstacles
 - Ramps and benches may be helpful
 - Supportive bedding
- Activity modifications and restrictions
 - Avoid play with other dogs
 - Onleash activity until otherwise advised

SUPPORT

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MOVE

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MOVE

- Monitor how your dog is tolerating exercise
 - Signs of pain
 - Signs of fatigue
- Consider therapeutic exercise plan that is tailored to your dog
 - Exercise should be appropriate for stage of healing
 - See "Rehab to Return to Activity/Sport"

SUPPORT

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MOVE

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ADAPT

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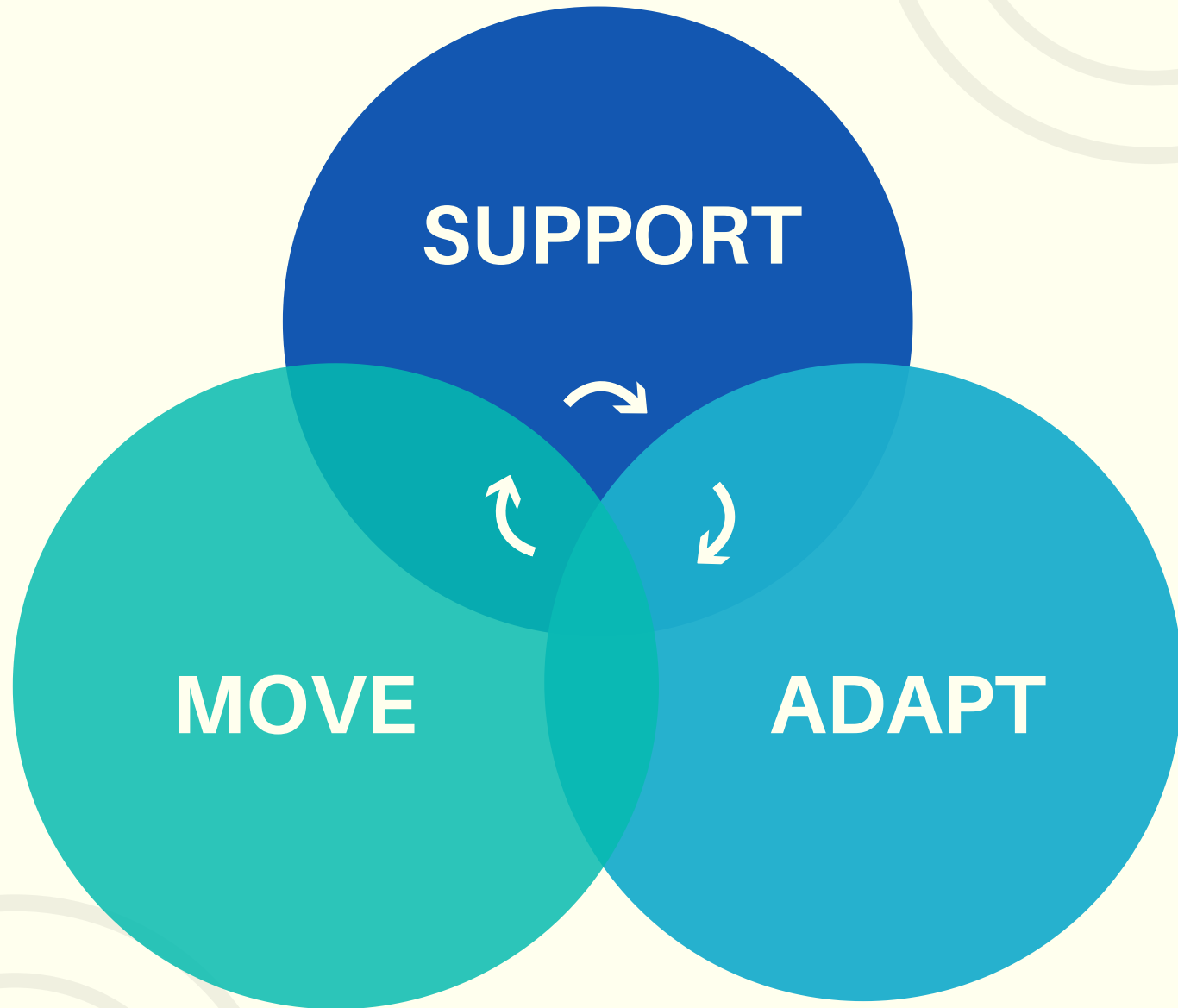
As the condition changes, this framework is revisited.

It provides basic structure for making sure that you always have the right Supports in place, are Adapting the environment for success and continuing to have your dog Move and grow stronger so they may lead active and happy lives

For more info visit/email

www.upwarddogrehab.com

info@upwarddogrehab.com



THE S.A.M. SYSTEM:

CREATE ----- **PLAN**

DATE

SUPPORT

ADAPT

MOVE

THE S.A.M. SYSTEM:

NAME: _____

DATE: _____

SUPPORT

ADAPT

MOVE



THE S.A.M. SYSTEM:

NAME: _____

DATE: _____

SUPPORT

ADAPT

MOVE



INSPIRED BY MY BEST FRIEND & TEACHER

Sammie

