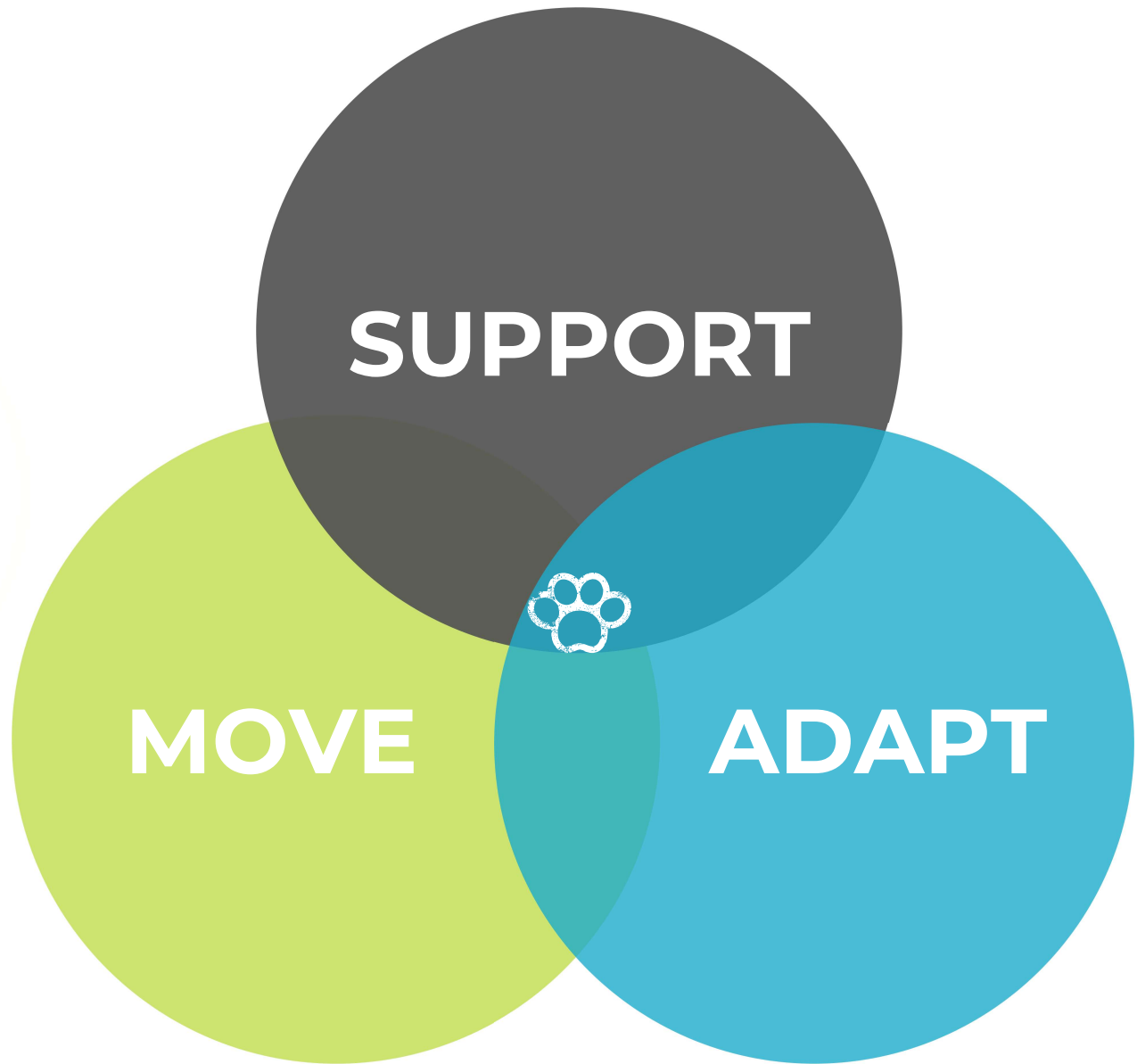


THE S.A.M. SYSTEM

Framework for living with canine injuries and chronic/progressive conditions

www.upwarddogrehab.com



THE S.A.M. SYSTEM

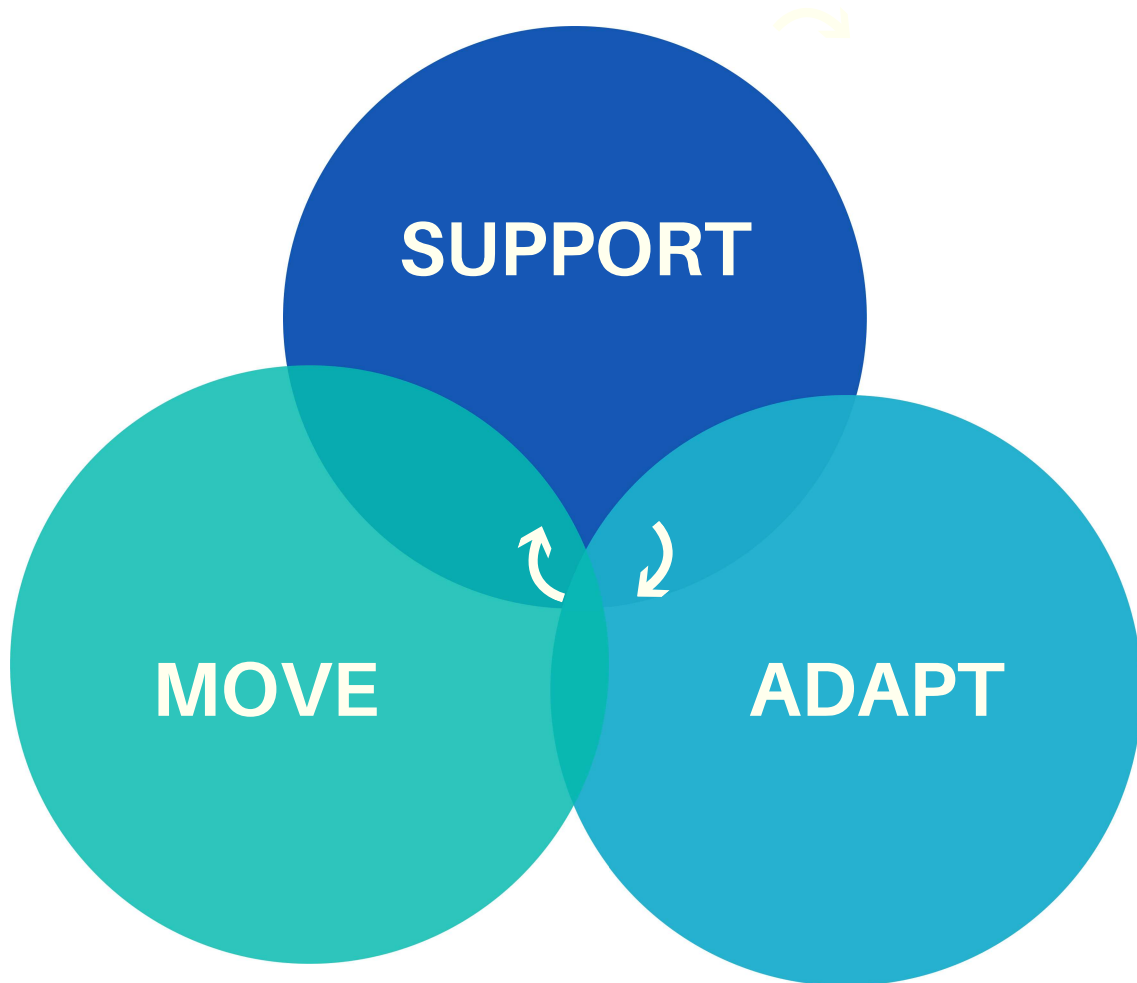
Framework for living with canine injuries and chronic/progressive conditions

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 feel less overwhelmed and give you a tool to help plan for your dogs recovery and/or help them live and active and happy life. Please note that it is very important your dog gets the medical care they need. This is a planning tool to help you help your dog and should be used in conjunction with your veterinarian and/or canine rehab therapist

There is lots you can do to help your dog!

The motto for using this simple framework is... *It's not over, it's just different.*



THE S.A.M. SYSTEM

Framework for living with canine injuries and chronic/progressive conditions

Support:

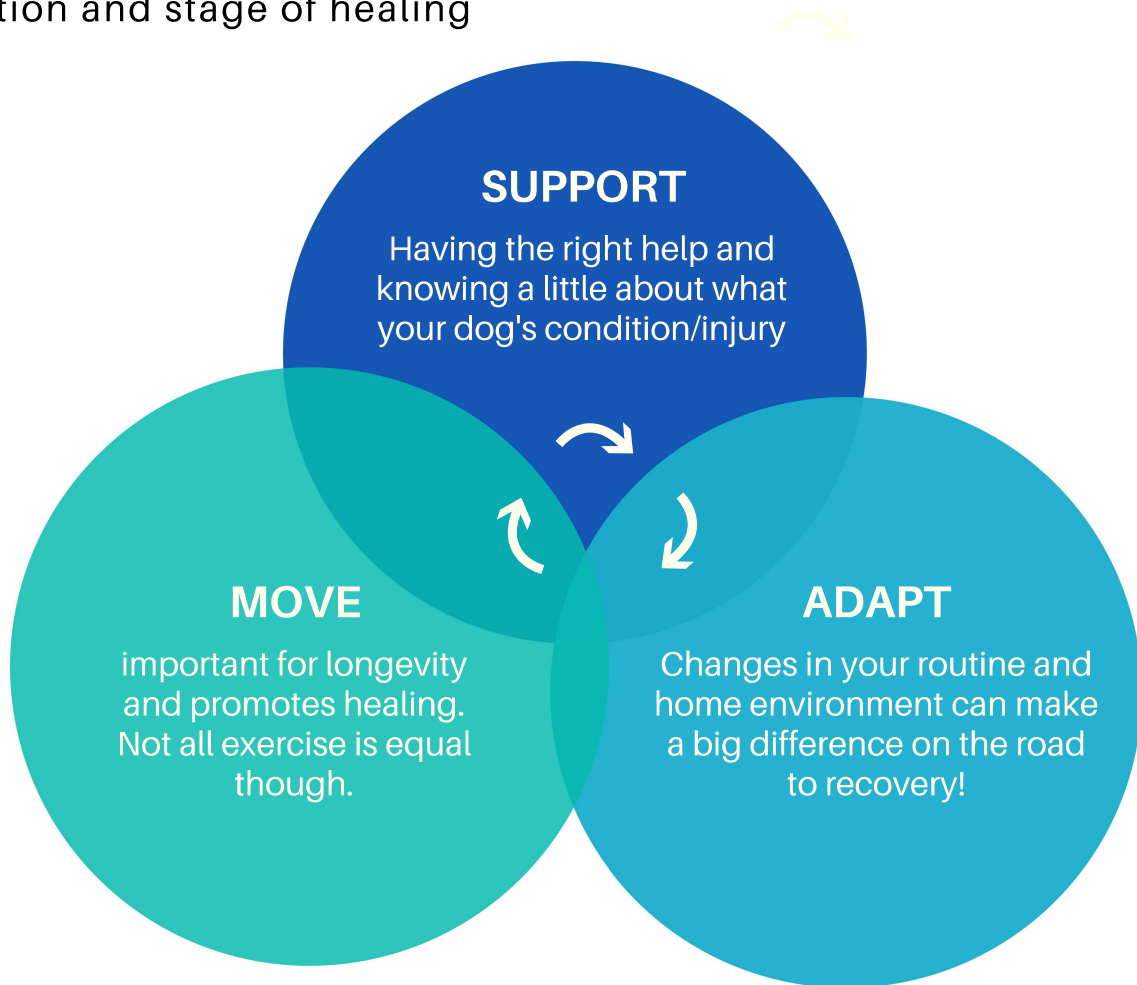
- Understanding your dog's condition - early diagnosis
- Having the right people helping you
- Mobility aides (i.e. harnesses, dog wheelchairs, orthopedic bracing, etc)

Adapt:

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

Move

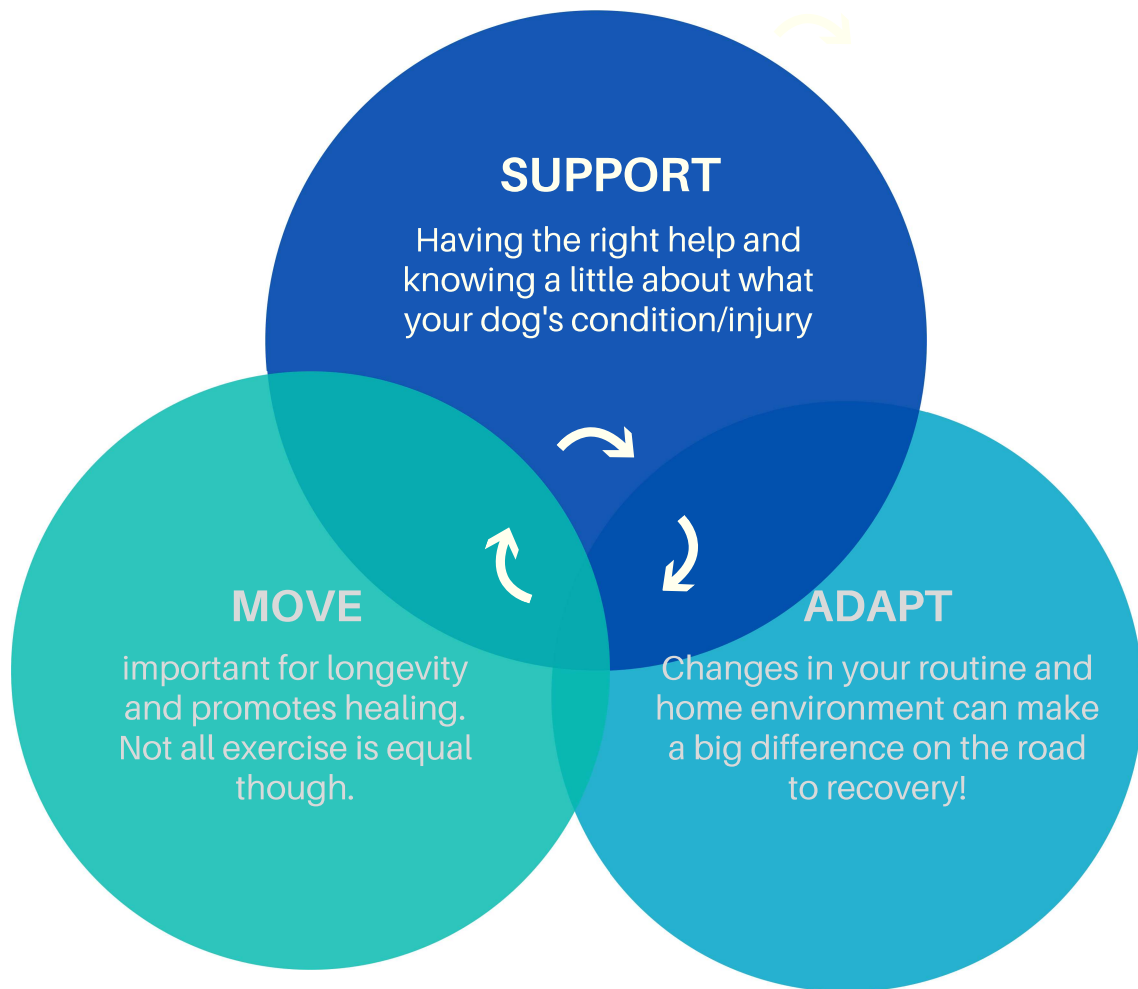
- Learn how to use mobility aides/devices
- Consider how your dog is tolerating exercise
- Implement therapeutic exercise plan that is tailored to your dog's condition and stage of healing



THE S.A.M. SYSTEM: SUPPORT

Framework for living with canine injuries and chronic/progressive conditions

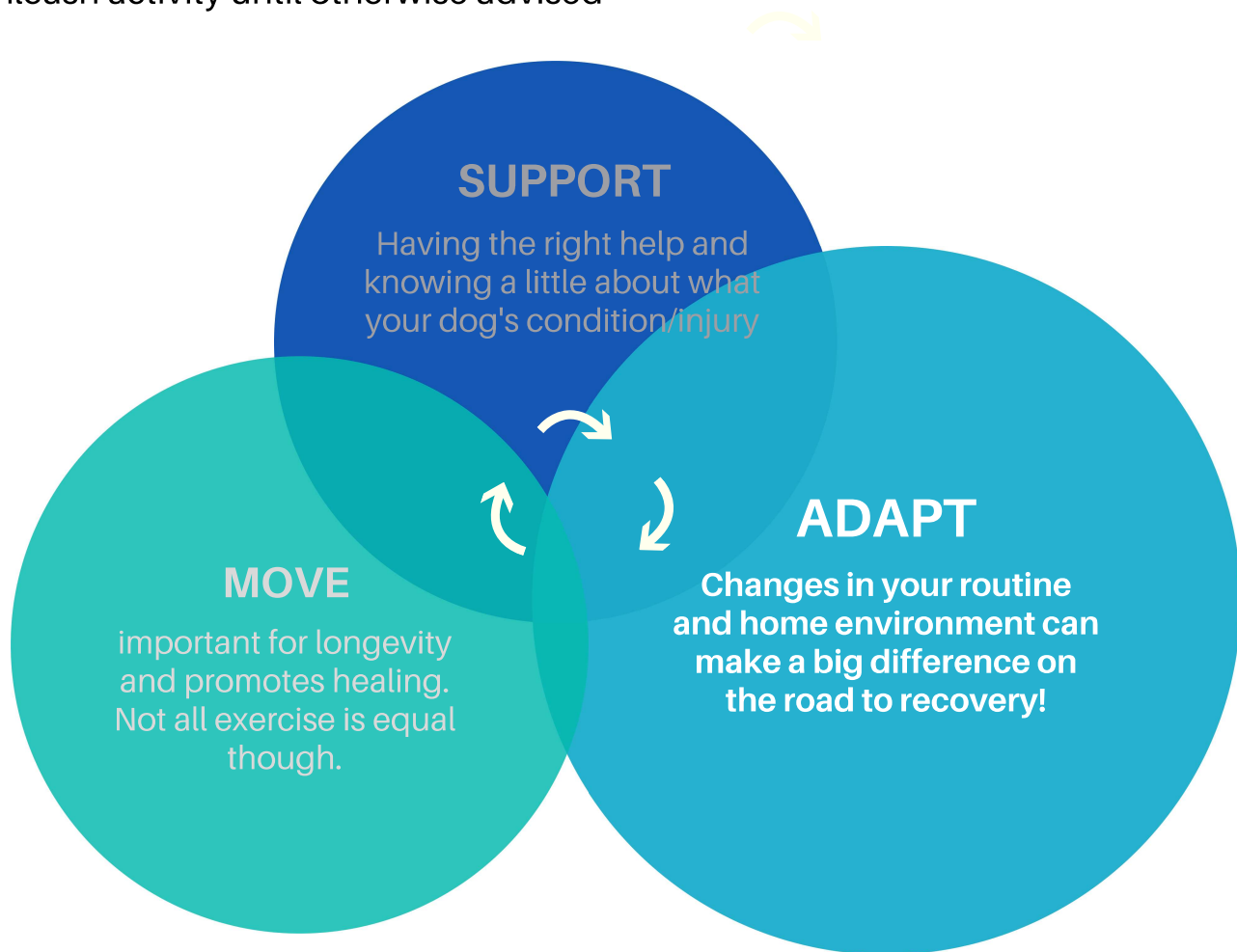
- Understanding your dog's condition
 - Basics of injury/condition
 - Pain management
 - Overall health
 - Body Condition Score
- Having the right people helping you
 - Vet
 - Rehab therapist
 - Alternative therapy practitioners
- Putting in place the right supports your dog will need
 - Mobility aides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



THE S.A.M. SYSTEM: ADAPT

Framework for living with canine injuries and chronic/progressive conditions

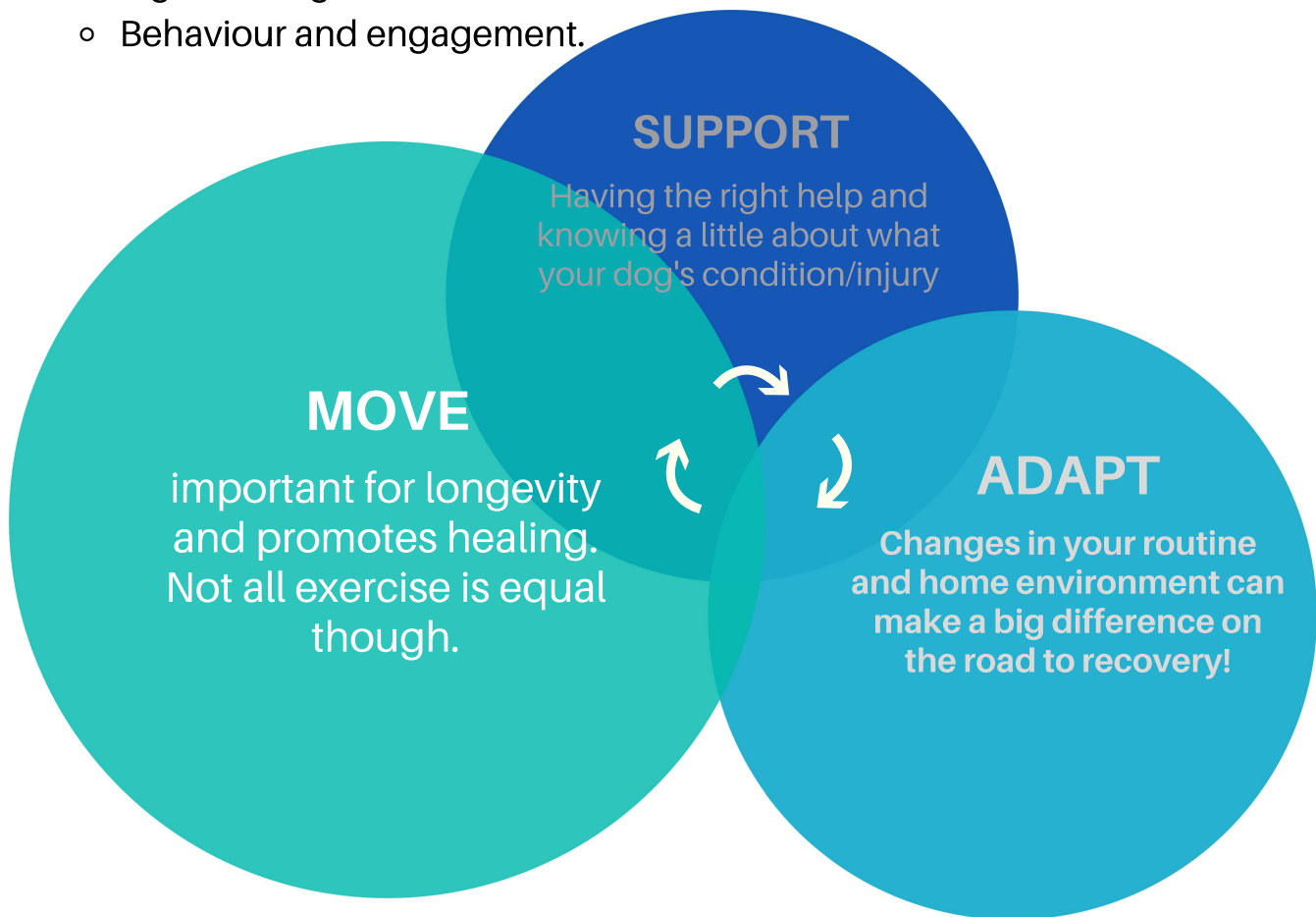
- Diet & nutrition considerations
 - Weight management
 - Supplementation
 - Nutritionally balanced food
- Home assessment
 - Minimize slippery surfaces
 - Remove clutter/obstacles
 - Ramps and benches may be helpful
 - Supportive bedding
- Activity modifications and restrictions
 - Avoid play with other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



THE S.A.M. SYSTEM: MOVE

Framework for living with canine injuries and chronic/progressive conditions

- Work with a professional to develop a tailored exercise plan appropriate for your dog's needs. A therapeutic exercise plan ensures the activities are going to aid in restoring your dog's mobility safely.
 - Exercise should be appropriate for stage of healing
 - Assess and reassess healing, mobility, and strength
 - Progress exercises gradually based on your dog's condition/ recovery
 - See "Rehab to Recovery to Return to Sport/Activity (Visit https://upwarddogrehab.com/?page_id=2075 to view)
- Monitor how your dog is tolerating exercise. Fatigue in most cases is ok however pain is not - seek out medical advisement if your dog has pain.
 - Signs of pain
 - Signs of fatigue
 - Behaviour and engagement.

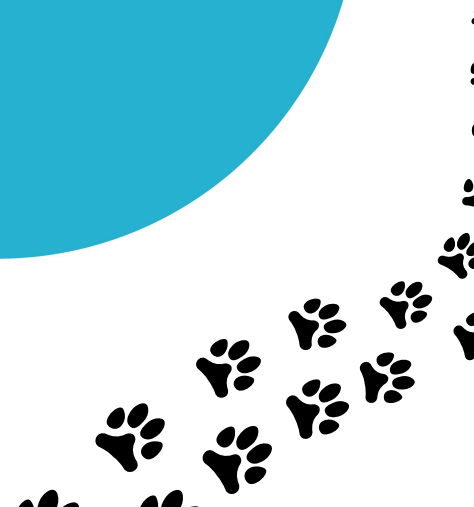
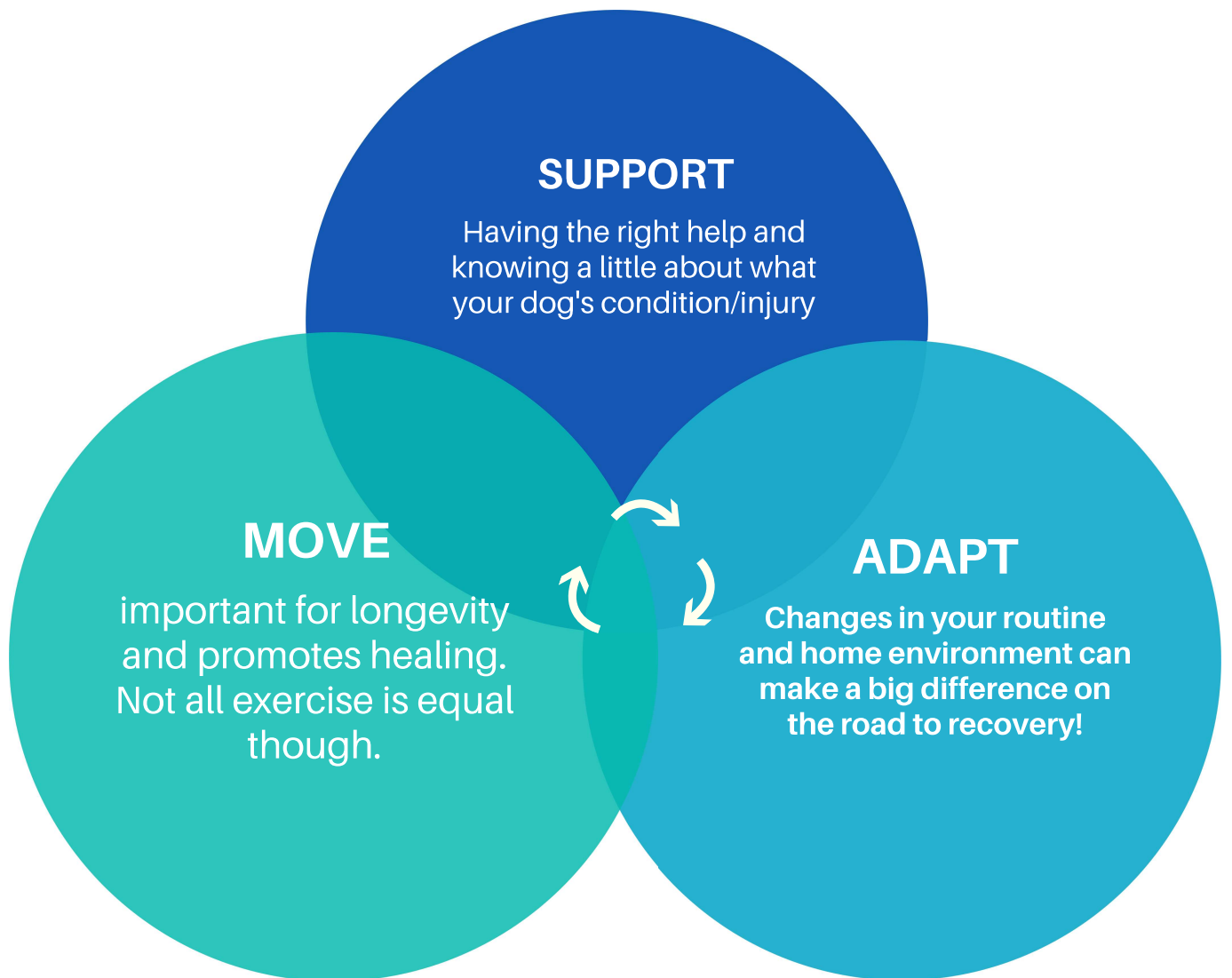


THE S.A.M. SYSTEM

Framework for living with canine injuries and chronic/progressive conditions

As the condition changes, this framework should be revisited and the plan should be revised. Please consult with your canine rehab professional and/or veterinarian.

The S.A.M. System provides a template for planning. It helps ensure 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.



INSPIRED BY MY BEST FRIEND & TEACHER

Sammie



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UPWARD DOG
rehab & wellness

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