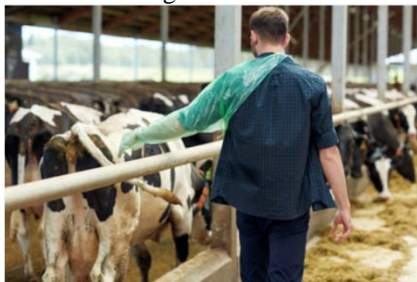


# Shoulder Deep in Beef: What Physiotherapy can do for Bovine Veterinarians

Presented by the School of Rehabilitation Science, University of Saskatchewan in conjunction with the ErgoVet Research Team

## Pain on the Job

A recent study by the ErgoVet Research Team showed that almost 97% of Western Canadian bovine practitioners will experience musculoskeletal disorders (MSD) within their lifetime. MSD can arise from awkward posture, repetition, and strenuous physical activity. Tasks that may lead to MSD in bovine veterinarians include lifting, surgical procedures, rectal examinations and animal handling.



## Options for Treatment

Physiotherapists (PT) can assist with the management and treatment of MSD by providing education and treatment for altered muscular activity or strength. Much of MSD treatment involves self-management in the form of stretching or strengthening exercises.

## ErgoVet Study Findings

Several participants in the ErgoVet study described successfully managing their symptoms with physiotherapy:

*“Had trouble with my neck 10 years after starting practice, physiotherapist got me doing exercise stretches to prevent neck pain and pushups daily to build up shoulder muscles. I am okay as long as I keep doing them!”*

*-ErgoVet study participant*

*“A physiotherapist took me from nearly unable to do the basic tasks of my job to nearly normal” –*  
*ErgoVet participant*

*“[My body] responded well to physiotherapy. The more active I stay and the more exercise I get the better I feel”*

*–ErgoVet participant*

*“[I] use physio to help from interrupting work life. No time off needed to be taken”*

*–ErgoVet participant*

## What to Expect from a Visit to a Physiotherapist

PT works to help you reach and maintain your maximum functional capacity, while working to prevent future injuries.

Your individualized treatment consists of:

- A biomechanical analysis
- Assessment of tissues and structures related to symptoms
- Treatment (adjustment/relief) for painful or affected structures
- Personalized exercise programs that fit *your* lifestyle, clearly and thoroughly explained



In person follow-up is ideal, but by no means required. Alternatives include: phone consultations, email updates, and emailed exercise programs.

## Accessing Physiotherapy Near You

Many small centers have physiotherapy services available through community health clinics and private practices. A number of rural physiotherapists will do house calls

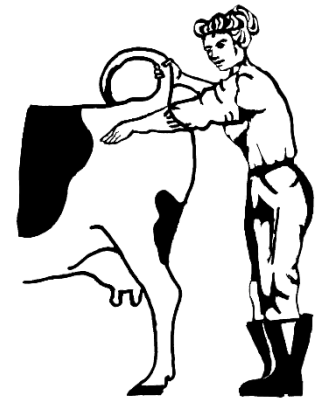
and/or have flexible hours to accommodate veterinarians' busy schedules.

To find a physiotherapist near you, use the Find a Physiotherapist link on the Canadian Physiotherapy Association webpage at:

<http://physiocanhelp.ca/find-a-physiotherapist/>

For more information on the ErgoVet Study, visit our website:

<http://ergovet.ca>



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