



Colleen Crozier, DVM

time with her energetic standard poodle (Ollivander), reading, baking, and spending time outdoors.

Dr. Crozier is a graduate of North Carolina State University College of Veterinary Medicine. She attended NC State for her undergraduate degree in both Zoology and Poultry Science. Dr. Crozier has participated in multiple mission trips with Christian Veterinary Mission to the Cherokee and Navajo reservations and the Yup'ik tribes in Alaska. Along with seeing dogs and cats, Dr. Crozier enjoys working with backyard poultry (chickens, ducks, etc). In her spare time, she loves spending

with medications, physical therapy and rehabilitation are a great way to improve our pets' quality of life. Physical therapy and rehabilitation help to increase strength and flexibility that will lead to increased use of the affected leg from pain relief. Your veterinarian will measure your pet's muscle mass and flexibility prior to starting physical therapy to help gauge improvement.

Physical therapy is especially important in our pets that are recovering from orthopedic surgery and injuries to their legs. The great news about physical therapy is that once a veterinarian shows you what your pet needs, you can do a lot of it at home! Examples of physical therapy include laser therapy, acupuncture, passive range of motion exercises, cavaletti poles, underwater treadmill/swimming, controlled leash walking, slow and controlled climbing stairs/hills/curbs, massage, and hot/cold compresses. Every pet has different physical capabilities that will determine the correct combination of physical therapy. Once an appropriate rehabilitation program is established, you will see your pet feeling more energetic again.

Degenerative Joint Disease and Physical Therapy

"Rex seems to be slowing down. He doesn't want to go on long walks anymore."

"Fiona doesn't jump up on the couch anymore."

"Max has a hard time getting up after he's been laying down."

These are a few examples of common conversations that veterinarians have with their clients. As our pets get older they (just like humans) can develop arthritis in their joints. In veterinary terms we call this osteoarthritis (OA) and/or degenerative joint disease (DJD). While we typically see OA/DJD in older animals, younger animals can certainly develop these diseases as well, either due to confirmation abnormalities (ex. hip dysplasia), injuries (ex. cruciate tears), and/or trauma (ex. excessive wear on joints due to high impact sports). Common signs of OA/DJD include lameness, difficulty going up/down stairs, decreased activity, unwilling to play/jump, stiffness, scraping toes while walking and sometimes vocalizations. All of these signs are caused by pain due to the disease which further results in stiffening of joints, muscle spasms, and decreased muscle mass in the affected limbs.

So what's the good news? The good news is that there are lots of options for treating and managing the pain caused by OA/DJD. There are lots of medication options these days for treatment of OA/DJD that are safe and effective including anti-inflammatories, pain medications, joint supplements, and prescription diets. Along



"Ollie" happily allows Dr. Journell to measure his muscles while Dr. Crozier demonstrates how to use a goniometer.

Dr. Colleen Crozier is excited to join Dr. Kitrina Journell and her amazing team at the Animal Hospital of Lewisville.

Both doctors are excited to announce that the clinic is now officially open on Wednesdays to provide more care for the pets of Lewisville.



**ANIMAL HOSPITAL
OF LEWISVILLE**

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