

An Integrative Approach to the Rehab Patient

Developed and reviewed by the members of the Standard Process Veterinary team

Functional Nutrition for Rehab Patients

Rehab patients face increased metabolic demands due to tissue repair, muscle remodeling, and inflammation. Standard diets may meet basic nutrient needs but often lack the nutrient density and synergistic cofactors found in fresh foods and whole food-based supplements. Integrating functional nutrition can enhance resilience, accelerate recovery, and support whole-body health.

Musculoskeletal disorders are common in aging dogs and cats, with osteoarthritis affecting about 20% of dogs and 10% of cats.¹ Conventional treatments like NSAIDs and corticosteroids relieve pain but may cause side effects. Nutritional therapy offers complementary support.

Primary Goals of Nutritional Therapy

1. **Repair Damaged Tissue:** Provide essential building blocks for cartilage and bone regeneration.
2. **Reduce Inflammation and Pain:** Use anti-inflammatory nutrients to alleviate discomfort.⁴
3. **Improve Circulation:** Support vascular health to enhance nutrient delivery to affected tissues.
4. **Support Surrounding Tissues:** Strengthen muscles and ligaments that stabilize joints.
5. **Boost Immune Response:** Provide nutrients that enhance immune function.
6. **Support Endocrine Health:** Maintain hormonal balance that influences tissue repair and inflammation.

Recent studies have highlighted the potential benefits of dietary interventions in managing musculoskeletal health. Fresh whole foods, rich in essential nutrients, antioxidants, and anti-inflammatory compounds, have been shown to support joint

health and mobility. For instance, omega-3 fatty acids, commonly found in fish, have demonstrated anti-inflammatory properties that are essential for joint and overall musculoskeletal health.² Additionally, supplementing dietary components, such as glucosamine and chondroitin sulfate, have been widely studied for their role in cartilage repair and joint function.¹ Whole foods such as chicken thighs, spinach, carrots, and apples provide nutrients that help support healthy inflammatory pathways and promote joint comfort, contributing to normal mobility and overall musculoskeletal function in dogs and cats.³

Targeted Nutritional Support Includes

1. **Joint & Connective Tissue:**
 - Bovine trachea (glucosamine, chondroitin)
 - New Zealand green-lipped mussel (glycosaminoglycans, omega-3s)
 - Manganese lactate (collagen cofactor)
2. **Inflammation:**
 - Boswellia serrata (inhibit pro-inflammatory cytokines, mobility)
 - Reishi and shiitake mushrooms (immune-modulating beta-glucans)
3. **Muscle & Energy Metabolism:**
 - Bovine heart (CoQ10, carnitine)
 - Beetroot (nitric oxide precursors)
 - Magnesium lactate (muscle relaxation, ATP production)
4. **Systemic Support:**
 - Bovine liver (B vitamins, iron)
 - Antioxidant-rich botanicals (berries, carrots, buckwheat, Swiss chard, pea vine)
5. **Botanical Support:**
 - Turmeric and curcumin (pain and stiffness relief)
 - Gotu kola (blood flow, tissue repair, nerve support)⁴
 - Grape seed extract (nerve sheath protection, antioxidant support)⁵
 - Ginkgo biloba (circulation, neuroprotection)⁶

Adjunctive Supplement Support



FEATURED PRODUCT

Canine Musculoskeletal Support

Suggested Use: **See product label for dosing by weight**

Developed to support optimal musculoskeletal health and function, it supports collagen formation, healthy cartilage, and bone health. It also provides antioxidant support.

- Contains Boswellia serrata, New Zealand green-lipped mussel, and Manganese (Mn lactate) to support optimal musculoskeletal function, healthy inflammatory pathways, and bone and cartilage formation
- Supports healthy movement
- Supports joint comfort and overall joint health



Ligaplex® II†

Suggested Use: **Dosing by weight****

For connective tissue and joint support, this supplement from our human line maintains connective tissue health. This product has been used by veterinarians to support tendon and ligament health.



VF Omega-3

Suggested Use: **See product label for dosing by weight**

A concentrated fish oil product in softgel form, it's designed to bridge nutritional gaps in dogs and cats. It supports the pathways that regulate joint health, heart health, healthy skin and coat, the central nervous system, and brain development of puppies and kittens.



Gotu Kola Complex†

Suggested Use: **Dosing by weight****

Contains Gotu Kola leaf, grape seed and Ginkgo leaf for healthy skin, capillary, and circulation support. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality.

An Integrative Approach to Healthy Rehabilitation

Clinical Pearls

- **Beyond symptom management:** Rehabilitation should combine conventional modalities (physical therapy, hydrotherapy, pain management) with integrative tools (nutrition, whole food-based supplements, acupuncture, laser therapy, and herbal medicine).
- **Whole-patient perspective:** Addresses musculoskeletal healing, immune regulation, and stress resilience.
- **Improved outcomes:** Research shows that integrative approaches may reduce recovery time, improve mobility, and enhance quality of life in dogs, cats, and horses.

REFERENCES

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3. Jaffey, J. A., Su, D., Monasky, R., Hanratty, B., Flannery, E., & Horman, M. (2022). Frontiers in Veterinary Science, 9, 898056.
4. Sun, B., Wu, L., Wu, Y., Zhang, C., Qin, L., Hayashi, M., Kudo, M., Gao, M., & Liu, T. (2020). Frontiers in pharmacology, 11, 568032.
5. Mabrouk M, El Ayed M, Démosthènes A, et al. Frontiers in Immunology. 2022;13:960355
6. Reichling, J., Frater-Schröder, M., Herzog, K., Bucher, S., & Saller, R. (2006) Schweizer Archiv für Tierheilkunde, 148(5), 257-263

**Please contact your Standard Process Representative for the Core Formulas and MediHerb for Pets dosing charts

† Only veterinary professionals should recommend the use of human dietary supplements for animals. This is intended to serve as a starting point for qualified veterinary professionals in making recommendations of human dietary supplements for animals. Qualified veterinary professionals are expected to apply their own professional judgment as to the appropriate use of human dietary supplements and the correct dose.