

## Ashley Gilmore, LVT, cSAMP

Ashley Gilmore has worked in the veterinary field since 2002. She studied Animal Science at Washington State University and became a Licensed Veterinary Technician in 2008.

Ashley earned her certification as a Small Animal Massage Practitioner through the Northwest School of Animal Massage. She has also completed training in maintenance and performance massage, stress point therapy, trigger point therapy, myofascial release therapy, and manual ligament therapy.

Before joining AES in 2010, Ashley gained experience at large and small animal practices and specialty hospitals in the Seattle area. On her days off, you are most likely to find Ashley hiking with her dog, "Ollie," or hanging out at the barn with the horses.



"Ollie" sure is lucky to have Ashley as his mom!



Ashley & Dr. McKeirnan helping "Tilly" recover from surgery

"Chobe" doing hydrotherapy with custom-fit orthotics



## How to Find Us



### From Northbound I-405

- Take **Exit 20A** for NE 116th Street
- **Turn left** onto NE 116th Street
- Take the **first right** onto 120th Ave. NE
- AES will be **on your left**, next to the Fred Meyer Fuel Station, near Tia's Doggie Spa

### From Southbound I-405

- Take **Exit 20** for NE 124th Street
- **Turn right** onto NE 124th Street
- Take the **first left** onto 120th Ave. NE
- AES will be **on your right**, next to the Fred Meyer Fuel Station, near Tia's Doggie Spa

# AES



## Animal Emergency & Specialty

12305 120th Ave. NE, Suite K • Kirkland, WA 98034  
(next to the Totem Lake Fred Meyer Fuel station)

Tel 425.827.8727 • Fax 425.822.9912

[www.aesvets.com](http://www.aesvets.com) | always open!

## REHABILITATION



### ALWAYS OPEN!

AES is excited to announce the launch of our Rehabilitation Department! We are thrilled to be able to offer the services of a board-certified surgeon (DACVS-SA), a Certified Canine Rehabilitation Practitioner, and a Certified Small Animal Massage Practitioner to meet all of your pet's rehab needs.



### Why choose AES for rehabilitation services?

- Brand new, state-of-the-art facility, offering rehabilitation services six days a week (including evenings and weekends) with drop-off options
- Careful evaluation of your pet by a Diplomate of the American College of Veterinary Surgeons and/or a Certified Canine Rehabilitation Practitioner
- Variety of modalities to meet your treatment objectives (Hydrotherapy/Swimming, Therapeutic Ultrasound, Laser Therapy, Therapeutic Exercise, Electrical Stimulation, Therapeutic Massage, etc.)
- Custom-designed treatment plan, including education and guidance on at-home care
- Many benefits including building and maintaining muscle strength, increasing limb function and range of motion, achieving a faster and more complete recovery after injury or surgery, aiding in pain management, improving conditioning and fitness levels, facilitating weight loss, etc.
- Close collaboration with you, your family vet, and a network of specialists to ensure continuity of care

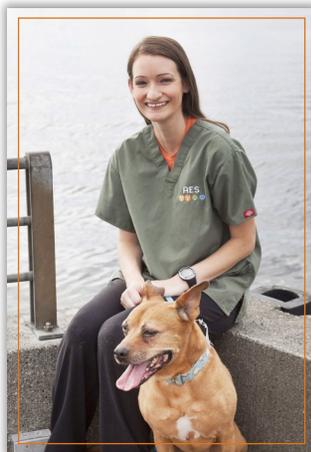
Tel: 425.827.8727

## Sarah Campbell, CCRP

Sarah Campbell earned her certification as a Canine Rehabilitation Practitioner from the University of Tennessee in 2006. She also has a bachelor's degree in English with a minor in Biology from Ball State University and an associate's degree in Physical Therapy Assisting from Vincennes University.

Sarah began her career in animal rehabilitation and became a licensed PTA in 2005. Prior to joining AES, she worked at a specialty practice dedicated to rehabilitative therapy, fitness, and holistic wellness in Chicago. She is an active member of the Animal Rehabilitation Special Interest Group of the American Physical Therapy Association and the International Association of Veterinary Rehabilitation and Physical Therapy.

In her spare time, Sarah enjoys participating in Nosework with her dog, "Nakita"; working with stained glass; as well as camping, hiking, and kayaking with her partner, Rob. "Dracula" the cat completes Sarah's family.



Sarah with "Nakita," the Nosework Master!

Sarah & "Adonis" enjoying the warm water

To schedule a consultation with our Rehab Team, please call 425.827.8727.

## Services

**SERVICES:** In addition to the following services, the AES Rehab Team can design **conditioning programs**, measure and fit patients for **assistive devices**, and provide education and training on **at-home care**. Please give our talented, compassionate Team a call to discuss your pet's rehabilitation needs!

**Therapeutic Massage** Massage increases circulation and prepares tissue for stretching to improve flexibility or range of motion. This therapy stimulates the immune system and reduces the buildup of post-surgical scar tissue. It also eases muscle and joint pain while reducing a patient's stress. Massage can be combined with hot and cold therapy. Heat improves muscle flexibility and circulation. Cold alleviates pain and decreases inflammation and swelling.

**Hydrotherapy & Swimming** Hydrotherapy is one of the most effective treatments for post-operative recovery, muscle strengthening, weight loss, reestablishment of neuromuscular coordination, and general conditioning. The buoyancy effect of the water helps patients to exercise with little to no impact to their joints. The hydrostatic pressure of the water also helps stabilize pets who have balance deficits.

**Therapeutic Exercise** Exercise can help pets recover from surgical procedures or injuries and improve general fitness levels. We incorporate various tools such as theraballs, wobble boards, or cavalotti poles to provide specific benefits like increased range of motion, flexibility, endurance, strength, proprioception, and balance.

**Electrical Stimulation** Electrical stimulation (TENS or NMES) is used to treat muscular injuries, to prevent muscle atrophy from disuse, for strengthening, and as pain management. It works by sending electronic micro-currents to the muscle or muscles needing treatment (which causes the muscles to contract, providing passive exercise) or by overriding the negative sensation in a painful area.

**Therapeutic Ultrasound** Ultrasound therapy provides deep, therapeutic heating with sound waves. Ultrasound can be used in treatments for pain, musculoskeletal injuries, and soft tissue lesions. It is also beneficial in the healing of delayed and non-union fractures.

## Pricing

**Class IV Laser Therapy** Laser therapy is the use of specific wavelengths of light to treat or manage a multitude of conditions including wound repair and osteoarthritis. Light enters the damaged cells and stimulates cellular activity to reduce pain and speed recovery. This is a painless treatment that can last 5 - 30 minutes, depending on the number of areas treated.

**EXAMINATIONS:** All first-time patients must have an examination. Depending upon your pet's needs and treatment goals, patients may be evaluated solely by Sarah Campbell, Certified Canine Rehabilitation Practitioner, or jointly by Sarah and Dr. Kelci McKeirnan, DVM, MS, DACVS-SA.

CCRP-Only Exam (approx. 60 mins)	\$65
DACVS-SA & CCRP Exam (approx. 90 mins)	\$95

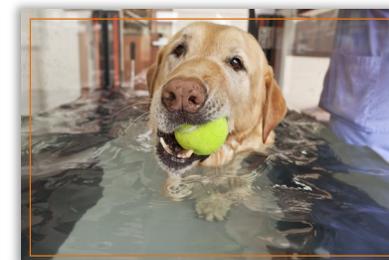
**THERAPY SESSIONS:** Therapy sessions are charged by time, range from 10 - 60 minutes, and may include multiple modalities (e.g., laser, ultrasound, hydrotherapy, massage, etc.).

Price Range	\$20 - \$75
<i>*15% discount available with purchase of session packs</i>	

**FITNESS/CONDITIONING SESSIONS:** These sessions include ground work or hydrotherapy for patients who are otherwise healthy and are undergoing rehabilitation for conditioning or weight loss.

Single Session (approx. 30 mins)	\$30
10 Pack (15% discount)	\$255

**DAY BOARDING:** Day boarding (i.e., same-day drop off and pick up) is available for your convenience.



**"Compassionate 24-Hour Emergency & Specialty Vet Care For Your Best Friend!"**