

**Sunday 23<sup>rd</sup> August | 15:30-16:30**

**Speaker:** Leona Anderson BSc(Hons), NCert(AnaesthNsg), MISAP, MIRVAP(VP), RVN

**Session Title:** Optimising Recovery: The Veterinary Nurse's Role in Rehabilitation and Physiotherapy



Leona qualified as an RVN in November of 2018 and has since gone back to university completing her top-up degree in 2022. Leona enjoys all aspects of nursing, in particular medical management consultations such as diabetes management, wound management and dermatology, but also surgical nursing and diagnostic imaging. Leona has a certificate in Anaesthesia and is currently studying to complete a Masters in Veterinary Physiotherapy. Leona qualified as a veterinary physiotherapist from the University of Nottingham at the end of 2025, and has since opened her own business, Serenity Veterinary Physiotherapy. Leona continues to nurse in a variety of different settings as a Locum RVN.

### **Synopsis:**

This lecture explores the role of veterinary nurses in supporting physiotherapy and rehabilitation within clinical practice. It will examine the practical physiotherapy interventions that veterinary nurses may safely perform, including mobility assistance, basic therapeutic exercises, postoperative rehabilitation support, and patient monitoring, while emphasising professional boundaries and patient safety.

The session will also discuss the legal and ethical considerations surrounding physiotherapy provision, helping delegates recognise when cases fall beyond the scope of nurse-led care. Particular focus will be given to identifying patients that require referral to a qualified veterinary physiotherapist, such as those with complex orthopaedic, neurological, or chronic pain conditions.

This lecture will highlight the importance of multidisciplinary collaboration between veterinary surgeons, veterinary nurses, and veterinary physiotherapists to optimise rehabilitation outcomes and improve patient welfare in practice.

### **Learning Objectives:**

1. Describe the scope of physiotherapy interventions that veterinary nurses can safely perform in clinical practice, including basic mobility support, therapeutic exercise implementation, postoperative rehabilitation assistance, and patient monitoring under veterinary direction.
2. Recognise the indications, contraindications, and limitations of nurse-led physiotherapy techniques in order to maintain patient safety and work within professional and legal boundaries.
3. Identify clinical cases and presentations that require referral to a veterinary physiotherapist, including complex orthopaedic, neurological, chronic pain, and rehabilitation patients requiring advanced assessment or treatment planning.
4. Understand how collaborative working between veterinary nurses, veterinary surgeons, and veterinary physiotherapists can support effective rehabilitation outcomes, patient welfare, and continuity of care.