

# Restraint Technique in Exotic Animals

# Restraint Techniques

- ❑ Restraint techniques for exotic animals are crucial for ensuring the safety of both the animal and the handler during medical procedures.
- ❑ The techniques vary widely depending on the species, size, and temperament of the animal.
- ❑ Here are some general guidelines and specific methods for various groups of exotic animals:
- ❑ **Calm environment:** Work in a quiet, calm environment to reduce stress for the animal.
- ❑ **Teamwork:** Often, having an assistant can make restraint safer and more efficient.
- ❑ **Minimize duration:** Keep restraint time as short as possible to reduce stress.
- ❑ **Observation:** Monitor the animal's behavior and condition closely during and after restraint to detect signs of stress or injury.

# Birds

## Small Birds (e.g., finches, budgerigars):

- ❑ One-handed hold: Use one hand to gently encircle the bird's body with the head between your thumb and index finger. Support the bird's back with your palm.
- ❑ Towel wrap: Wrap the bird in a soft towel, leaving the head exposed. This helps to control the wings and reduce stress.

## Large Birds (e.g., parrots, raptors):

- ❑ Two-handed hold: One hand should control the head and beak, while the other hand supports the body and secures the wings.
- ❑ Towel wrap: Use a towel to restrain the wings and body, while another person may need to control the head.



# Reptiles

## Lizards:

- ❑ Small lizards: Hold the body gently but securely with one hand, while using the other hand to restrain the head if necessary.
- ❑ Large lizards: Use both hands to support the body, one hand under the chest, and the other holding the base of the tail. If the lizard is aggressive, consider using a towel or leather gloves.

## Snakes:

- ❑ Small snakes: Hold the head gently behind the jaw with one hand, and support the body with the other hand.
- ❑ Large snakes: Use multiple people if necessary, with one person controlling the head and others supporting the body at different points.

## Turtles and Tortoises:

- ❑ Small individuals: Hold the shell firmly, with one hand on the carapace and the other on the plastron.
- ❑ Large individuals: Two people may be required, one holding the front of the shell and the other the back. Be cautious of the animal's limbs and mouth.



# Amphibians

## Frogs and Toads:

- ❑ Wet hands: Always handle amphibians with wet hands to avoid damaging their sensitive skin.
- ❑ Two-handed hold: Support the body with both hands, avoiding excessive pressure on the abdomen.

## Salamanders and Newts:

- ❑ Wet hands: Similar to frogs, handle with wet hands.
- ❑ Gentle grip: Hold the animal gently around the midsection, supporting its body



# Fish

## Netting:

- ❑ Aquarium net: Use an appropriate-sized net to capture and restrain the fish. Move it quickly but gently to minimize stress.

## Wet hands:

- ❑ Handling: Use wet hands to handle the fish carefully, supporting its body to avoid damage to scales and fins.



# Small Mammals

## Rabbits:

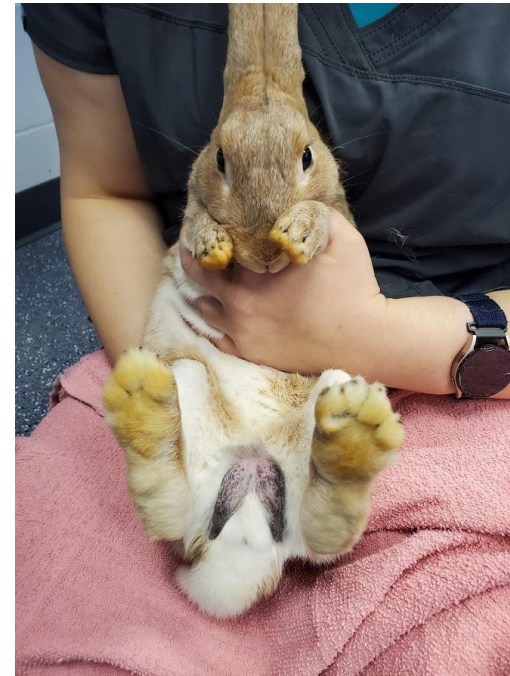
- ❑ Football hold: Grasp the loose skin at the back of the neck (scruff) while supporting the hindquarters with the other hand.
- ❑ Towel wrap: Wrap the rabbit in a towel to prevent kicking and struggling.

## Guinea Pigs:

- ❑ Two-handed hold: One hand supports the chest, while the other supports the hindquarters.
- ❑ Towel wrap: Use a towel to gently wrap and restrain the animal.

## Ferrets:

- ❑ Scruff hold: Scruff the neck while supporting the body with the other hand.
- ❑ Towel wrap: Wrap the ferret in a towel to minimize movement.





# Small Mammals

## Mice:

- ❑ Scruff hold: Grasp the loose skin at the back of the neck (scruff) while wrapping the tail around your pinky.
- ❑ Restrain tool: Place animal in holder to perform tail vein injection.

## Rats:

- ❑ Two-handed hold: One hand supports the chest, while the other supports the hindquarters.
- ❑ Towel wrap: Use a towel to gently wrap and restrain the animal.

## Gerbil and Hamster:

- ❑ Scruff hold: Scruff the neck while supporting the body with the other hand.
- ❑ Small towel wrap: Wrap the animal in a hand towel to minimize movement.





# Summary

- ❑ Each exotic animal species has unique requirements, and it is essential to tailor restraint techniques to individual needs.
- ❑ Consulting with a veterinarian specialized in exotic animals can provide additional guidance and ensure the safety and well-being of the animal.

# Resources

- ❑ Photos: Meri Kosman
- ❑ [https://www.mcgill.ca/research/files/research/hamsters\\_handout\\_2020\\_revised\\_april\\_2020\\_module\\_1\\_0.pdf](https://www.mcgill.ca/research/files/research/hamsters_handout_2020_revised_april_2020_module_1_0.pdf)
- ❑ [https://www.reddit.com/r/interestingasfuck/comments/11av6b5/giving\\_an\\_esthesia\\_to\\_a\\_fish\\_for\\_a\\_safer\\_surgery/](https://www.reddit.com/r/interestingasfuck/comments/11av6b5/giving_an_esthesia_to_a_fish_for_a_safer_surgery/)