



## **e b e f d -a e d e a**

Dog-assisted therapy, also known as animal-assisted therapy or pet therapy, has demonstrated numerous benefits in various contexts. Research has shown that interactions with dogs can reduce stress, anxiety, and depression. The presence of a friendly and non-judgmental

success and safety. By focusing on training, certification, participant safety, ethical treatment of therapy dogs, evidence-based practices, and personalized approaches, we can refine and optimize dog-assisted therapy programs to maximize their benefits for participants and the dogs involved. With a thoughtful and responsible approach, dog-assisted therapy can continue to make a positive impact on countless lives. Given the increasing attention of media devoted to therapeutic dogs, it seems crucial, to us, to reconsider current practices so that, in the long term, the credibility of dog-assisted therapy programs does not suffer serious fading.

#### References

1. Michael AA, Peter JR (2006) What is intervertebral disc degeneration, and what causes it?. *Spine (Phila Pa 1976)* 31: 2151-2161.
2. Amir K, Reihane Z, Gernot L, Judith P, Shangbin C, et al. (2021) Small molecule-based treatment approaches for intervertebral disc degeneration: Current options and future directions. *Theranostics* 11: 27-47.
3. Simpson ST (1992) Intervertebral disc disease. *Vet Clin North Am Small Anim Pract* 22: 889-897.
4. Fraser RD, Osti LO, Vernon RB (1993) Intervertebral disc degeneration. *Eur Spine J* 1: 205-213.
5. Yong CH, Jill PGU, Keith DKL (2014) Intervertebral disc regeneration: do nutrients lead the way?. *Nat Rev Rheumatol* 10: 561-566.
6. John JC, Brian JCF, Dawn ME (2011) Intervertebral disc properties: challenges for biodevices. *Expert Rev Med Devices* 8: 357-376.