



Institutional Animal Care & Use Committee

## Physical Restraint

Physical restraint can cause both physical and psychological distress. According to the [Guide for the Care and Use of Laboratory Animals \(Eighth Edition\)](#), prolonged physical restraint should be avoided unless it is essential for achieving research objectives and is specifically approved by an Institutional Animal Care and Use Committee. If an animal will undergo prolonged restraint, training of the animal to the restraint device should be conducted to assure acclimation of the animal to the restraint device. Restraint devices are not considered normal methods of housing. As such, the MSU IACUC has adopted the following guidelines regarding the use of physical restraint in animals

Definition: The use of manual or mechanical means to limit some or all of an animal's normal movement for the purpose of experimental manipulation.

Guidelines:

Restraint devices should be of suitable size, design, and operation to minimize discomfort or injury to an animal. The total time that an animal will have to be manually or mechanically restrained should be minimized. Methods for animal acclimation to the restraint device or activity must be defined. Animals that fail to adapt to the restraint device will be removed from the study. Animals must be observed at appropriate intervals, as approved by the IACUC. The veterinarian has the authority to temporarily or permanently remove any animal from the restraint procedures.

The following must be included in the animal care and use protocol:

- Justification of the use of physical restraint in the context of the research objectives.
- The duration of restraint, which should be the minimum required to accomplish the research objectives.
- A description of the method and duration of time needed for training or acclimation to the equipment and personnel. Positive reinforcement should be used whenever possible.
- A description of monitoring methods.
- A description of endpoints for temporary or permanent removal from restraint methods.

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