1. Physical Restraint Definitions
   A. "Physical restraint is the use of manual or mechanical means to limit some or all of an animal’s normal movement for the purpose of examination, collection of samples, drug administration, therapy, or experimental manipulation" (p. 11, “Guide for the Care and Use of Laboratory Animals,” National Research Council, 1996). This includes any cage size smaller than required by any federal regulation or guideline.

2. Prolonged restraint includes any procedure involving restraint for duration of time which could lead to distress.
   A. Momentary physical restraint used for minimal procedures, i.e., blood collection, injection, examination, is not considered distressful and would not fall under the category of prolonged physical restraint and the following guidelines do not apply.

3. Planned intense momentary physical restraint includes any procedure involving restraint that is of short duration but is of such intensity that it could lead to distress.

4. Planned intense momentary physical restraint or prolonged restraint is considered distressful and requires consideration of the following guidelines.
   A. Physical Restraint Policy and Guidelines
      a. The IACUC endorses as policy the following based on the recommendations in the "Guide" (P. 11):
         i. "Animals can be physically restrained briefly either manually or with restraint devices. Restraint devices should be suitable in size, design, and operation to minimize discomfort or injury to the animal. Many dogs, nonhuman primates (e.g., Reinhardt 1991, 1995), and other animals can be trained, through use of positive reinforcement, to present limbs or remain immobile for brief procedures.
         ii. Prolonged restraint, including chairing of nonhuman primates, should be avoided unless it is essential for achieving research objectives and is approved by the IACUC. Less-restrictive systems that do not limit an animal's ability to make normal postural adjustments, such as the tether system for nonhuman primates and stanchions for farm animals, should be used when compatible with protocol objectives (Bryant 1980; Byrd 1979; Grandin 1991; McNamee and others 1984; Morton and others 1987; Wakeley and others 1974). When restraint devices are used, they should be specifically designed to accomplish research goals that are impossible or impractical to accomplish by other means or to prevent injury to animals or personnel."
b. The protocol must include a plan for appropriate monitoring of animals throughout the entire period of restraint and a description of how stress and/or distress will be evaluated. If unanticipated distress is encountered with use of any physical restraint, it should be promptly reported to Veterinary Services.

c. Restraint devices should be suitable in size, design, and operation to minimize discomfort or injury to the animal.

d. Restraint devices are not to be considered normal methods of housing.

e. Restraint devices should not be used simply as a convenience in handling or managing animals.

f. The period of restraint should be the minimum required to accomplish the research objectives.

g. Veterinary care should be provided if lesions or illnesses associated with restraint are observed. The presence of lesions, illness, or severe behavioral change often necessitates temporary or permanent removal of the animal from restraint.