

## Restraint and Restriction

### Item 1 - Routine & Non-routine Restraint

Physical restraint is defined as the use of manual or mechanical means to limit some or all of an animal's normal movements for the purpose of examination, collection of samples, drug administration, therapy, or experimental manipulation. Routine restraint involves confinement for short periods of time (up to 15 minutes) either manually or in a restraint device. Restraint of this type does not require detailed description on the Protocol Form, as long as this does not cause obvious distress or discomfort to the animal.

Non-routine restraint is defined as animal restraint for longer than 15 minutes, or confinement for any period of time in a restraining device not typically used for that species. Additionally, any restraint that causes substantial changes in the animal's behavior or physiologic parameters (suggesting that the animal is experiencing distress or discomfort) will be considered non-routine. Restraint that involves adverse physiological responses or is likely to induce significant physical or psychological distress to the animal will require an E classification on the Protocol Form, regardless of the restraint duration or technique. Non-routine restraint must be fully described and scientifically justified within the procedures section (Section E) of the protocol form. Each animal use protocol proposing the use of non-routine restraint will be considered and reviewed by the Institutional Animal Care and Use Committee (IACUC) on a case-by-case basis.

Prolonged restraint (> 15 minutes) should be avoided unless it is essential for achieving research objectives and is approved by the IACUC. When non-routine restraint devices are used, they should be specifically designed to accomplish research goals that are impossible or impracticable to accomplish by other means.

The following are important guidelines for prolonged or non-routine restraint:

- Restraint devices should not be considered normal methods of housing.
- Restraint duration should be the minimum needed to accomplish research objectives.
- Animals should be adapted to the restraint devices.
- Animals should be observed frequently while in restraint devices.

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