

ADVANCED CONNECTIONS EQUINE & CANINE THERAPY



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Passive Range of Motion (PROM) Stretches - These stretches should be done before and after exercise and repeated 10-15 times with each session and performed 3-5 times daily. **DO NOT FORCE ANY OF THESE MOVEMENTS:** This stretch involves moving all the joints of the limbs through a comfortable range of motion. This will promote cartilage and joint healing, prevent contraction of the muscles, and stimulate blood and lymphatic flow. This movement should be performed with care and never forced. In forcing the stretches you will cause pain and this will be contraindicated to the purpose the movement. Your pet should lay on his/her side with the affected limb up. Gently and slowly move the limb.

- The first stretch is flexing and extending the entire limb, up towards the body and then away from the body.



- The second stretch is done by supporting the shoulder with one hand and the foot with the other, move the limb backwards.



- The third stretch is in the opposite direction moving the limb forward.



- The final stretch is moving the entire limb holding it straight and circling both clock and counter clockwise.



Alternatively abduction moving the whole limb away from the body.

Take your pet to his/her maximum level of comfort, but not beyond. This should not be an unpleasant exercise.

- Weight shifting will also help encourage weight bearing on the affected leg. Do this by either gently adding pressure to the inside of the surgical/weak leg; add and take away pressure to cause a swaying motion. You may also practice this by doing the same exercise with the opposite leg outside the limb. During both exercises make sure your dog does not step away from the pressure, you may do this by putting your hand at the base of the surgical leg, encourage your dog to bear weight on the surgical leg. You can do this by lifting the opposite leg slowly allowing the surgical leg to bear weight. You can make this exercise more difficult and require more balance and strength by adding an uneven surface like a pillow.
- Due to compensations of the front limbs many dogs experience back pain-caudal weight shifting. You may help with this tension with back flexion and extension. Do this by placing you thumb and forefinger and either side of your dog's spine, apply gentle pressure done onto the spine. Start at the base of tail and along to the shoulder area. Your goal is to feel the spine gently flex and extend with this pressure. In the sore, tight areas you will notice a decrease in the movement of the back. With time this will open and you will feel more mobility.