

## **Passive Range of Motion Exercises (PROM)**

It's important for the recovery of your pet that you continue rehabilitation at home. PROM is ideally performed 2 – 3 times per day.

### **Correct positioning for PROM**

Standing up or lying down, depending on the exercise.

### **Stretching hind legs**

1. Hold your pet underneath its stomach to support them and keep them in the correct position. Make sure that your pet stays in its position for the duration of this stretch.
2. Ideally, bend your pet's whole leg up into a fully flexed position - if they're comfortable.
3. Slowly release and guide your pet's paw back down, then reposition them to their starting position if necessary.
4. Repeat this step at least five to ten times, two to three times a day.

### **Extension or straightening of joints**

1. Hold your pet underneath its stomach to support them and keep them in the correct position.
2. Gently take your pet's whole leg out and extend it backwards, stretching the hip, knee, and ankle joint.

If your pet wants to have some movement, you can pull forwards then allow them to pull in.

### **Stretching adductor muscles**

This stretch, or exercise, could be easier to conduct when your pet is laying on its side, however, you can perform it from the same position as previous stretches.

1. Hold your pet underneath its stomach to support them and keep them in the correct position.
2. While having the leg bent, gently move the knee out to the side.
3. To make it more comfortable for your pet, try giving them a gentle rub on their belly.

### **Stretching toe joints**

This stretch can only be done when your pet is laying on its side.

1. Position your pet so that they are relaxed and comfortable on their side with all legs to the same side.
2. Hold your pet's paw, just above their toe, and then use your other hand to an individual toe.
3. Very gently, bend then straighten the toe back and forth three or four times or according to your vets given advice.
4. Repeat for the remainder of the toes.

You can alternatively hold your pets paw a bit higher and use your other hand to gently extend all toes on the paw back and forth.

### **If you are feeling resistance during any stretches**

If you find that your pet is resisting movements during any of these stretches, simply extend to where they will allow you to.

You should not force your pet to overextend itself as it may be in pain