



## **NEUROLOGY PHYSICAL THERAPY INSTRUCTIONS:**

### **1) MUSCLE MASSAGE**

- Gently massage your pets hindlimbs 2-3 times a day for 5 minutes.
- Using light pressure with your fingers, make semicircular strokes on muscular areas in the hindlimbs

### **2) PASSIVE RANGE OF MOTION**

- To be performed while your dog is laying down. They can be laying down on their side completely or sitting up (sternal) with one hip facing the ground. (See picture A and B below)
- Gently grasp the hock (ankle). Bring the limb forward, extending both the stifle (knee) and hock (ankle). (See picture C below)
- Immediately follow this by bringing the limb back, which results in flexion of the stifle (knee) and hock (ankle). (See picture D below)
- Combining these two moves together results in a bicycle motion. You may then reverse the motion for this exercise. (See video below)
- Do for 3-5 minutes on each leg, 2- 3 times a day.
- If your dog resists or acts painful during this exercise, do not continue.

### **3) WEIGHT BEARING EXERCISE**

- Put your dog on a non-slip surface and support them so they are in a standing position. You may need to use a harness or sling to keep them in standing position.
- Gently lift one leg off the ground, flexing the stifle (knee). This should require the dog to support their weight on the other limb. Do this for 5-10 seconds, and ensure to support your dog and not allow them to fall to one side.
- Repeat on the other limb. This should be done 5 times on each limb, 2-3 times a day as tolerated. (See picture E below)
- If your dog resists or acts painful during this exercise, do not continue



## **PICTURE REFERENCES:**

A) Laying completely lateral on the one side



B) Laying sternal with one hip down



C) Stifle and hock extension



D) Stifle and hock flexion





E) Controlled weight bearing exercise on one limb



Video Reference:

- 1) Passive range of motion: [https://www.youtube.com/watch?v=hHXdqy\\_vJo](https://www.youtube.com/watch?v=hHXdqy_vJo)