

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:

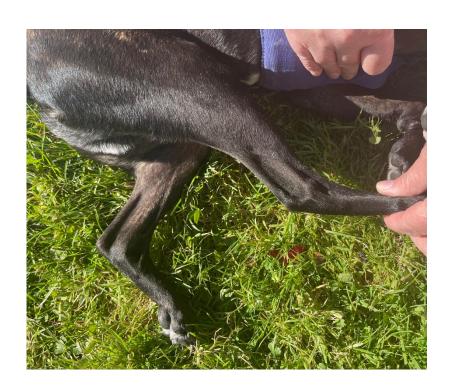
A) Laying completely lateral on the one side



B) Laying sternal with one hip down



C) Stifle and hock extension



D) Stifle and hock flexion





Video Reference:

1) Passive range of motion: https://www.youtube.com/watch?v=hHXdqy_vJo