



# Passive Range of Motion

## General instructions for all stretches and Range of Motion exercises:

Perform these exercises at a time when your dog is relaxed and quiet. Have her lie on the unaffected side. You may need a second handler to help keep your dog relaxed and still by petting and holding her; holding the unaffected arm will make it much harder for your pet to try to get up. Slowly and gently move into the stretch position as described below until you first feel resistance from her tissues. If your pet shows any indications of pain (vocalizing, pulling away from you, breathing heavily, etc.), back off the stretch intensity slightly.

### Arm Extension Range of Motion

**BRACE:** her shoulder blade (the edge closest to her head will be easiest to brace using the edge of your hand OR place the palm of your hand on top of her entire shoulder blade)

**MOVE:** her arm forward by pushing on the back of her arm, above her elbow



**HOLD:** 5 seconds

**REPEAT:** 5-10 times

**DO THIS:** 2-3 times a day

### Arm Flexion Range of Motion

**BRACE:** her shoulder blade (the edge closest to her spine will be easiest to brace using the edge of your hand OR place the palm of your hand on top of her entire shoulder blade)



**MOVE:** her arm into a bent position by pushing on the back of her paw

**HOLD:** 5 seconds

**REPEAT:** 5-10 times

**DO THIS:** 2-3 times a day

### Elbow Extension Stretch

**BRACE:** above her elbow, behind her arm

**MOVE:** her elbow into a straight position by pushing on the front of her arm, below her elbow

**\*\*Note:** her shoulder will need to be in a straight position (i.e. reaching forward)



**HOLD:** 15 seconds

**REPEAT:** 3-5 times

**DO THIS:** 2-3 times a day

### Finger Flexors Stretch

**BRACE:** your dog's wrist straight

**MOVE:** her fingers upwards by placing the pads of her paw on your palm and pushing up

**\*\*Note:** this should move her paw into the position it normally assumes when she is standing with weight on her paw



**HOLD:** 30 seconds

**REPEAT:** 2-3 times

**DO THIS:** 2-3 times a day

### Leg Flexion Range of Motion

**BRACE:** on top of your dog's pelvis (just above the base of her tail)

**MOVE:** her arm into a bent position by pushing on the back of her paw



**HOLD:** 5 seconds

**REPEAT:** 5-10 times

**DO THIS:** 2-3 times a day

### Toe Flexors Stretch

**BRACE:** your dog's ankle straight

**MOVE:** her toes upwards by placing the pads of her paw on your palm and pushing up

*\*\*Note: this should move her foot into the position it normally assumes when she is standing with weight on her foot*



**HOLD:** 30 seconds

**REPEAT:** 2-3 times

**DO THIS:** 2-3 times a day

### Leg Extension Range of Motion

**BRACE:** on top of your dog's pelvis (just above the base of her tail)

**MOVE:** her leg back by pushing on the front of her thigh



**HOLD:** 5 seconds

**REPEAT:** 5-10 times

**DO THIS:** 2-3 times a day



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