

# Passive Range of Motion

by Dr. Carrie Journey DVM, DACVIM (Neurology)

## SUMMARY:

- 1) Start with a massage of the leg
- 2) Take each joint through a gentle range of motion 10 times
- 3) Take each leg through 10 bicycling motions
- 4) Perform this set of exercises a few times a day to help flexibility and comfort

## EXPLANATION:

Passive range of motion exercises help keep your pets joints comfortable and flexible. Physical therapy should be performed a few times a day.

To perform range of motion exercises, start with a gentle massage. Rub your pets leg from the tip of their toes to the top of the leg. Then starting with the toes gently flex and extend each joint in the leg 10 times. You want to take the joint to the normal comfortable extent of where it can go. Think of it as a gentle stretch. After you have done all the joints- toes, ankles, knee and hip in the back and toes, wrist, elbow and shoulder in the front, take each leg in a gentle bicycling motion for 10 repetitions. Repeat for each leg.

Remember, physical therapy should not be painful. Try to make this a positive experience for your pet. Talk to them, use a gentle touch and give them treats during.



**Journey Veterinary Neurology**

©2015 Journey Veterinary Neurology, licensed under CC BY-NC-ND 4.0