

Range of Motion Exercises

Stifle (knee) Flexion/Extension- (Figures 21 and 22 and Video 13) These maneuvers are designed to stretch flexor and extensor muscles of the stifle while increasing joint range of motion. With the dog lying on its side with the affected limb up, bend the stifle moving the hock (ankle) toward the base of the tail for flexion. For extension, place one hand in front of the thigh to stabilize the upper limb and move the leg below the stifle forward straightening the stifle. The goal is slow, controlled movement with slight pressure at the end of the full extent of joint movement. This exercise is repeated 3-5 times, initially 2-3 times daily. The limb is held at the end positions for 2-3 seconds.

INSTRUCTIONS:

REPEAT _____ TIMES, _____ TIMES DAILY. HOLD AT END POSITIONS _____ SECONDS



Figure 21



Figure 22

Taken with permission from: A Manual of Basic Therapeutic Exercise for the Dog. Dennis Caywood DVM, MS, ACVS, CCRT.