

## Passive Movements

### Flex and Extend:

This technique involves moving the limb through a normal flexion and then extension. Position yourself and your pet in a comfortable way; having your pet lying on their side is usually easiest but this can also be done standing if your pet prefers. Hold the limb in both hands: one hand above the joint and the other below. Slowly flex the joint until resistance is felt or your pet shows any sign of discomfort, then slowly extend the joint until resistance or discomfort is felt. Do this process in a rhythmical and slow pattern for the number of times advised for your pet.



Flex Extend (stretch)

### Stretching:

Stretching is similar to flex and extend as explained above, however hold each flexion and extension for 30 seconds. Each time the stretch is performed try to get a little more extension in the muscle, however only stretch within your pet's comfort limits. If your pet shows any sign of pain or discomfort reduce the amount you have stretched the limb. Make sure you release the pressure gently. Repeat this process for the number of times you have been advised.

### Bicycling (move through normal gait):

This exercise involves moving the whole limb through a normal pattern or gait. Start with your pet lying or standing in a comfortable position. Move the whole limb through a normal gait pattern/ bicycling motion. This helps your pet gain a normal functioning movement when they might not be moving that way on their own. This passive exercise is great to perform after some stretches. Repeat this exercise several times as recommended by your physical therapist.