



Stretches and PROM of the Pelvic Limb

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Stretches are held for 15 to 30 seconds, and repeated for a total of 1 to 3 repetitions, performed 1 to 3 times a day. They should not cause any obvious discomfort for the pet; discontinue and talk to the veterinarian if the patient is noncompliant.

For more information on physical rehabilitation exercises for cats and dogs, please visit todaysveterinarytechnician.com.

Sartorius Stretch

Flex the knee to about 90°, then gently extend the hip.



Iliopsoas Stretch

Place your hand proximal to the stifle and push the hip into extension. Support the distal aspect of the patient's limb off of the floor.



Adductor Stretch

Keep patient's hip at neutral, then place hand on the medial aspect of stifle and hock and gently lift the hip into abduction.



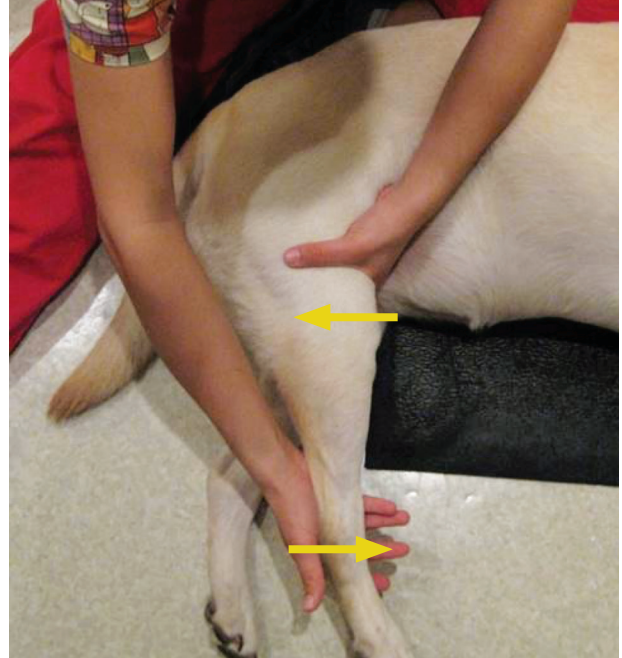
These exercises should only be performed as prescribed by the patient's veterinarian. These visual instructions are merely for guidance and are no substitute for proper training in stretching and PROM techniques.

Stretches and PROM of the Pelvic Limb *continued*

PROM

For most postoperative orthopedic patients, PROM (passive range of motion) exercises should be performed 3 to 4 times a day. The affected joint can be moved for 5 to 10 repetitions, moving through both flexion and extension. Hold the joint at the end range for a total of 1 to 3 seconds.

Stifle Flexion and Extension



Hip Flexion and Extension

