



6350 Frederick Road • Catonsville, Maryland 21228

Phone 410-719-6920 • Fax 410-747-9231

## Rehabilitation Homework

Owner's name: \_\_\_\_\_

Patient's name: \_\_\_\_\_

Date: \_\_\_\_\_

Weeks Post Op: \_\_\_\_\_

Attending Veterinarian: \_\_\_\_\_

A period of standing helps strengthen muscles, aids in proprioceptive training, and provides an opportunity to eliminate.

1. Raise your dog's food bowls so that their weight is evenly distributed throughout all four limbs and they are in a square stance.
2. Mimic weight bearing: Place your dog on their side lying down. Place one hand above their knee/carpus and one on the pad of the foot. Then act as if you are the ground and apply pressure to the bottom of the foot.  
**Hold this for \_\_\_\_\_ seconds/ \_\_\_\_\_ times a day**
3. When your dogs is standing with all four feet under the dog in a square stance and back flat, begin by lifting the left front limb and go around the dog clockwise lifting each leg, so your dog has to shift its weight to the other three limbs.
  - a. **Hold limb \_\_\_\_\_ seconds/go around dog \_\_\_\_\_ times**
  - b. **Lift left front limb then right limb**  
**Hold \_\_\_\_\_ seconds / \_\_\_\_\_ reps**
4. Diagonal Stands: When your dog is standing with all four feet under the dog, lift the right front leg and the left rear leg together and then alternate to lift the other two legs. This activity works on your dog's core balance and strength.  
**\_\_\_\_\_ reps / \_\_\_\_\_ times a day**

### Passive Range of Motion/ Massage/ Stretching:

1. Place a pillow between your dog's legs to maintain parallel position.
2. Begin by heating the affected joint and areas around it (use a heating pad, warm moist heat, etc.), and then gently massage and stretch the heated area.
3. Place one hand above the joint and one below the joint.
4. After heating scapular region, gently move scapula in all directions as demonstrated.
5. Slowly and gently begin flexing and extending the joint as demonstrated.
6. Areas:

Shoulders	Carpus	Hip	Calf
Elbows	Toes	Knee	Hock

**Moist Heat for \_\_\_\_\_ minutes**

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day

### **Weight Shifting:**

This activity causes the dog to shift its weight and maintain balance requiring strength and coordination.

1. Use support such as physio-rolls, walk-a-bouts, slings, bottoms-up leash, and harnesses in order to provide assistance in helping the dog bear as much weight as possible.
2. Make sure there is good footing so your dog cannot fall.
3. Rock the physio-roll to weight and un-weight your dog's rear legs.
4. Use a toy or treat for the dog to follow from side to side or back and forth.  
Please use smaller movements at first and gradually progress to larger ones.

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day

### **Leash Walking:**

Walking slowly encourages the use of all four limbs in a sequenced gait pattern. Only when the affected limb is being used correctly all the time can the speed of the walk be increased.

1. Use support such as bottoms up leash, sling, boots, ties, etc.
2. Make sure there is good footing so your dog cannot fall.
3. Walk your dog in slow patterned walks such as figure eights or serpentine. During pattern walks each foot has to walk a different path.
4. Walk your dog across terrain changes such as grass vs. concrete vs. mulch, etc.

\_\_\_\_\_ minutes / \_\_\_\_\_ times a day

5. Incorporate theraband/PNF exercise during controlled walks as demonstrated.

**Red/ Yellow/ Green Theraband/PNF**

**On \_\_\_\_\_/Off \_\_\_\_\_**

### **Cavalettis:**

Cavalettis are wooden poles arranged in a straight line or circle pattern on the ground. Two by fours and porch railing are good examples and try not to use any object that will roll if stepped on for the safety of you and your dog. This activity encourages greater active range of motion, requires full weight bearing on all limbs, and also challenges proprioception, balance, and coordination.

1. Place them in a row and slowly walk your dog through them. Start with 4-6 in a row and build to more.

Place them body length(shoulder to hip)inches apart \_\_\_\_\_ inches high

2. Place 4 of them in a circle pattern and slowly walk your dog in both directions. This will require each of your dog's legs to walk a different path.
3. Pick up sticks: Take several of the cavalettis and drop them on the ground in a scattered design, slightly spread out but in a haphazard pattern. Then slowly walk your dog through the poles.

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day (up and back = 1 rep)

4. Incorporate theraband/PNF exercise during controlled walks as demonstrated.

**Red/ Yellow/ Green Theraband/PNF**  
On \_\_\_\_\_/Off \_\_\_\_\_

**Hand Shake:**

1. In a sit position, ask your dog to give their paw to you. Alternate left and right paws. **Reps on each side \_\_\_\_\_ / \_\_\_\_\_ times a day**
2. In a standing position, ask your dog to give you their paw. Alternate left and right paws. **Reps on each side \_\_\_\_\_ / \_\_\_\_\_ times a day**

**Inclines:**

Begin walking slowly up gradual inclines straight up and down with good footing. As the dog's muscles strengthen and range of motion improves, steeper inclines can be introduced. This activity is low impact and increases strength of the leg muscles promoting extension of the knee and hip.

1. Gradual inclines
2. Steep inclines.

\_\_\_\_\_ minutes/ \_\_\_\_\_ times a day

**Curbs/Stepper:**

This activity helps improve balance and coordination, and strengthens the leg muscles.

1. Slowly walk your dog up and down a curb/stepper. Make sure your dog has a four beat walk prior to going up or down the curb/stepper.
2. Walk your dog in a serpentine pattern up and down the curb/stepper.

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day(up and down = 1 rep)

**Stairs:**

Slowly walk the dog up and down the stairs that have good footing (carpet, concrete, etc.). This activity requires strength and balance; it will help improve coordination and power in the rear legs. For very small dogs or short-legged dogs, this activity requires extreme physical effort.

As work:

1. Use support such as bottoms up leash, sling, boots, ties, etc.
2. Start with 2-4 steps in a row
3. Build to 1 flight of stairs (5-8 steps in a row)

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day

**Standing/ Walking on Foam or Mattress or Trampoline:**

Altering the ground surface provides a challenge to the dog's functional walking and proprioceptive ability. This activity causes the dog to "think" and negotiate with all four limbs during the walk. It also improves balance and coordination.

1. While standing on the altered surface begin by doing some weight shifting activities.
2. Have your dog walk across the altered surface, which will encourage balance and coordination.
3. Place front/rear legs only on the foam mattress.
4. Use a toy or treat for the dog to follow from side to side or back and forth. Please use smaller movements at first and gradually progress to larger ones.

\_\_\_\_\_ times a day

### Sit to Stand:

This activity is very similar to a squat both the sitting and rising are equally important. This activity helps strengthen gluteal and hip muscles and improves active range of motion.

1. With the surgical leg against the wall, ask the dog to sit squarely for a few seconds, take steps forward, and then repeat.
2. Pay attention and make sure that the dog sits squarely with no leaning and that both rear legs are symmetrically flexed.

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day

### Prone to half way up:

This exercise will strengthen core and abdominal muscles.

1. Begin with your dog lying flat on their side.
2. Call them from the side to encourage them to move the front half of their body up to sternal. Repeat.

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day

### Half Sits:

This exercise will help to strengthen gluteal, hip, and quadriceps muscles and therefore will improve active range of motion.

1. Start by backing your dog up to a step or curb.
2. Then have them sit onto the curb or set as square as possible, followed by slow raise to a stand. Repeat.

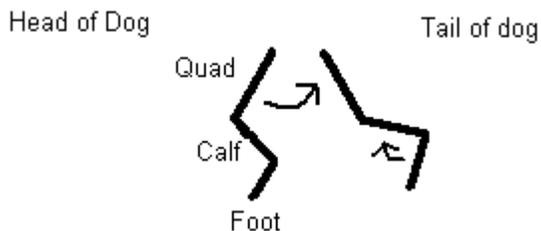
\_\_\_\_\_ reps/ \_\_\_\_\_ times a day

### Quad Stretch:

This exercise will help stretch the quadriceps muscle.

1. Lay your pet on their **left / right** side.
2. Heat the front of thigh/gluteals
3. Put hand on front of thigh and gently bring thigh past 90°
4. Apply gentle pressure to underside of foot to stretch calf and quad.

\_\_\_\_\_ reps/ \_\_\_\_\_ times a day



Comments: