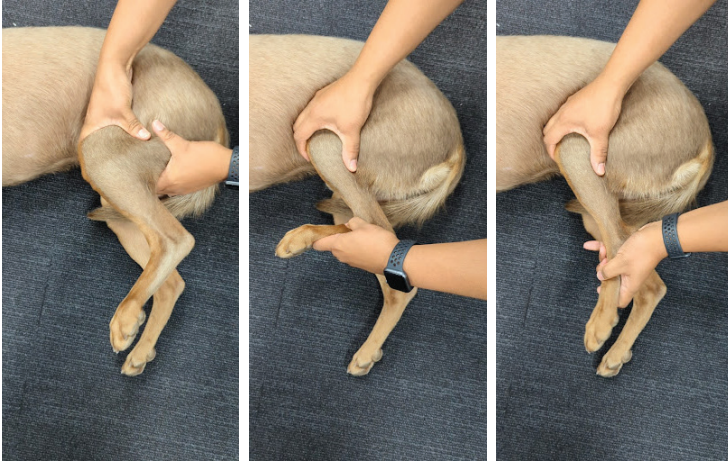


Basic physiotherapy exercises can be performed at home and will aid in your pet's recovery after hind limb surgery.



Massage:

Massage the muscles of the thigh and calf. Start nice and gently, making sure it is not uncomfortable for your pet.

These muscles can get really tight in the post-operative period and massage can help loosen them, making your pet more comfortable.

You can also gently flex the hock joint forward and back when you are massaging.

Massage for 2-3 minutes at the start of each session

Range of motion exercises:

Slowly and gently move the leg in a circular bicycle motion, making sure to stretch the limb forwards and backwards. Start with small circles and work your way up to larger ones. Make sure not to push the stretch if your dog appears uncomfortable.

This exercise can be done for 2 minutes per session.



Weight shifting exercises:

Place your dog's hind paws flat on the ground, an even distance apart. Slowly and gently push their hips from side to side so they are shifting their weight from one leg to the other.

This exercise can be done for 2 minutes per session.

PLEASE NOTE:

Physiotherapy may commence 2 weeks post operatively, and upon the recommendation of your Veterinary care team.

These exercises should be done within your pet's comfort level, and they should not appear to be in any pain during or after the physiotherapy.

If they become sore during or after an exercise, please stop and give them 24 hours of rest before attempting the exercises again. If they continue to appear uncomfortable, please check with your regular veterinarian.

These exercises can be performed 2-4 times per day with at least 3 hours break between sessions.