

Rear Limb

Hock (ankle) Flexion/Extension- (Figures 23 and 24 and Video 14) These maneuvers are designed to stretch flexor and extensor muscles of the hock while increasing joint range of motion.

Flexion of the hock is performed by moving the paw upward toward the stifle (knee) joint. Extension is performed by holding the limb above the hock (ankle) and below the stifle (knee) while pulling the paw backward to straighten the lower limb. 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.



Videos are available at www.bluespringsanimalhospital.com/library/videos

Please call Blue Springs Animal Hospital & Pet Resort at 816-229-1544 with any questions or concerns.

INSTRUCTIONS

REPEAT 3-5 TIMES, 2-3 TIMES DAILY.

HOLD AT END POSITIONS 2-3 SECONDS