

## Fore Limb

**Carpus (wrist) Flexion/Extension-** (Figures 11 and 12 and Video 7) These maneuvers are designed to stretch the flexor and extensor muscles of the carpus (wrist) and improve joint range of motion.

Gently move the carpus (wrist) so that the digital and metacarpal pads come in close approximation with the carpal pad and the back of the forelimb for flexion. Hold the forelimb above the carpus (wrist) with one hand and move the foot upward to at least the level of the forelimb for extension. 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](http://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