

Fore Limb

Digit (toes) Flexion/Extension- front and rear (Figures 13 and 14 and Video 8) These maneuvers are designed to stretch the flexor and extensor muscles of the digits.

Place a thumb and index finger on each metacarpus/metatarsus (bones between paw and wrist or ankle) for stabilization and bend the toes toward the paw for flexion and upward for digital 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

INSTRUCTIONS

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

HOLD AT END POSITIONS 2-3 SECONDS